



The Best Baked Beans



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



8

CALORIES



387 kcal

SIDE DISH

Ingredients

- ☐ 6 ounces bacon sliced
- ☐ 2 bay leaves
- ☐ 1 teaspoon chili powder
- ☐ 2 tablespoons brown sugar dark
- ☐ 1 pound navy beans dried
- ☐ 1 teaspoon mustard dry
- ☐ 1 teaspoon garlic powder
- ☐ 1 cup catsup

- ☐ 0.5 cup blackstrap molasses
- ☐ 1 teaspoon onion powder
- ☐ 8 servings salt and pepper to taste
- ☐ 1 salt pork

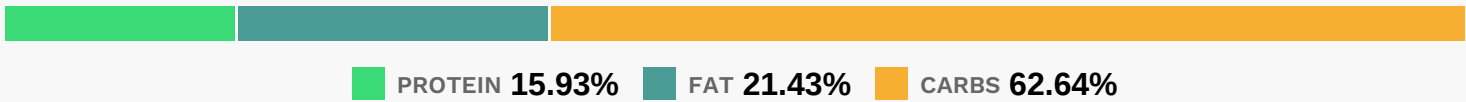
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ colander

Directions

- ☐ Pick through the beans and remove any pebbles.
- ☐ Place beans in a colander and rinse under cold water.
- ☐ Transfer the beans to a large pot or bowl, add water to cover by 2-inches and let soak overnight. The beans will rehydrate and swell to twice their size.
- ☐ Drain and rinse the beans, then put in a saucepan. Cover the beans with fresh water and place over medium heat.
- ☐ Add the remaining ingredients, except for the bacon. Simmer, stirring occasionally, for about 25 minutes or until the beans are tender but not breaking apart.
- ☐ Transfer the beans and broth to a 2-quart oven-safe dish.
- ☐ Lay bacon slices in a single layer on top of the beans.
- ☐ Bake in a preheated 325 degree F oven for 45 minutes to 1 hour to cook the bacon.

Nutrition Facts



Properties

Glycemic Index:6.13, Glycemic Load:6.93, Inflammation Score:-8, Nutrition Score:20.93130437965%

Flavonoids

Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 386.67kcal (19.33%), Fat: 9.47g (14.58%), Saturated Fat: 2.94g (18.4%), Carbohydrates: 62.3g (20.77%), Net Carbohydrates: 48.18g (17.52%), Sugar: 27.29g (30.33%), Cholesterol: 14.03mg (4.68%), Sodium: 622.66mg (27.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.85g (31.7%), Manganese: 1.18mg (59%), Fiber: 14.12g (56.48%), Folate: 209.97µg (52.49%), Magnesium: 158.82mg (39.7%), Vitamin B1: 0.52mg (34.36%), Potassium: 1123.61mg (32.1%), Copper: 0.62mg (30.96%), Phosphorus: 281.04mg (28.1%), Vitamin B6: 0.5mg (25.18%), Iron: 4.43mg (24.61%), Selenium: 15.2µg (21.72%), Zinc: 2.48mg (16.55%), Vitamin B3: 2.77mg (13.85%), Calcium: 137.65mg (13.77%), Vitamin B2: 0.16mg (9.66%), Vitamin B5: 0.74mg (7.36%), Vitamin A: 237.52IU (4.75%), Vitamin E: 0.65mg (4.35%), Vitamin K: 2.61µg (2.48%), Vitamin B12: 0.11µg (1.77%), Vitamin C: 1.32mg (1.61%)