



The Once and Future Beans

 **Gluten Free**  **Dairy Free**

READY IN



990 min.

SERVINGS



6

CALORIES



678 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound bacon chopped
- 1 teaspoon pepper black
- 0.3 teaspoon ground pepper
- 0.3 cup t brown sugar dark
- 1 pound great northern beans dried
- 2 jalapeno chopped
- 2 teaspoons kosher salt
- 0.3 cup blackstrap molasses

- 1 onion chopped
- 0.3 cup tomato paste
- 6 servings vegetable stock

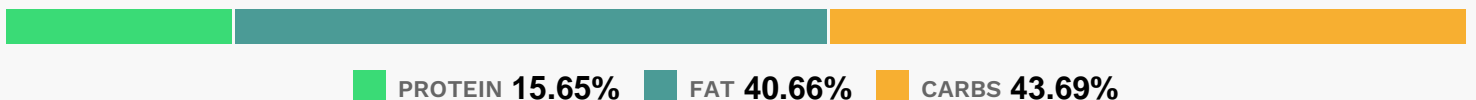
Equipment

- oven
- measuring cup
- dutch oven

Directions

- Heat oven to 250 degrees F.
- Soak beans in a plastic container overnight in just enough cold water to submerge them completely.
- Place a cast iron Dutch oven over medium heat and stir in the bacon, onion, and jalapenos until enough fat has rendered from the bacon to soften the onions, about 5 minutes. Stir in the tomato paste, dark brown sugar, and molasses.
- Drain the beans and reserve the soaking liquid.
- Add the drained beans to the Dutch oven.
- Place the soaking liquid in a measuring cup and add enough vegetable broth to equal 4 cups of liquid.
- Add the liquid to the Dutch oven and bring to a boil over high heat.
- Add in cayenne, black pepper and salt. Give them a stir and cover with the lid.
- Place the Dutch oven in the oven for 6 to 8 hours, or until the beans are tender.

Nutrition Facts



Properties

Glycemic Index:42.83, Glycemic Load:7.18, Inflammation Score:-9, Nutrition Score:30.896521837815%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 677.57kcal (33.88%), Fat: 30.99g (47.68%), Saturated Fat: 10.35g (64.71%), Carbohydrates: 74.95g (24.98%), Net Carbohydrates: 58.68g (21.34%), Sugar: 25.4g (28.22%), Cholesterol: 49.9mg (16.63%), Sodium: 2321.18mg (100.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.84g (53.68%), Folate: 370.68µg (92.67%), Manganese: 1.41mg (70.61%), Fiber: 16.27g (65.07%), Magnesium: 194.59mg (48.65%), Vitamin B1: 0.73mg (48.37%), Phosphorus: 467.87mg (46.79%), Potassium: 1570.74mg (44.88%), Selenium: 28.27µg (40.39%), Copper: 0.79mg (39.58%), Vitamin B6: 0.7mg (35.25%), Iron: 5.59mg (31.08%), Vitamin B3: 5.09mg (25.44%), Zinc: 2.8mg (18.64%), Calcium: 183.26mg (18.33%), Vitamin C: 13.35mg (16.18%), Vitamin B2: 0.27mg (15.7%), Vitamin A: 782.17IU (15.64%), Vitamin B5: 1.43mg (14.32%), Vitamin E: 1.16mg (7.73%), Vitamin K: 7.33µg (6.98%), Vitamin B12: 0.38µg (6.3%), Vitamin D: 0.3µg (2.02%)