



## The Ultimate Baked Beans

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

READY IN



**35 min.**

SERVINGS



**6**

CALORIES



**360 kcal**

SIDE DISH

### Ingredients

- 1 chipotle chiles in adobo canned
- 0.3 cup dijon mustard
- 0.5 cup catsup
- 6 servings kosher salt and pepper black freshly ground
- 28 ounce big cans cannelloni beans drained and rinsed canned
- 0.5 cup blackstrap molasses
- 6 servings olive oil extra-virgin
- 8 slices pancetta

1 Leaves from 6 rosemary sprigs fresh

## Equipment

bowl

oven

blender

## Directions

Watch how to make this recipe.

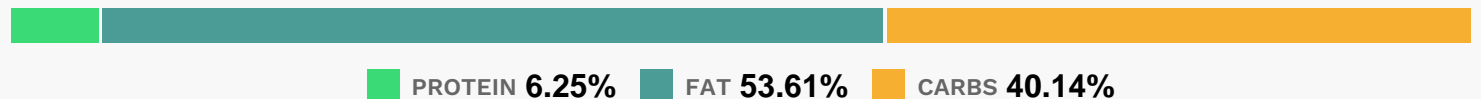
Special equipment: 4 individual crocks

Preheat the oven to 350 degrees F.

Put the molasses, ketchup, mustard, and chiles in a blender and puree. Scrape that into a big bowl, add the beans and season with salt and black pepper, and gently toss so that the beans are coated with the molasses mixture. Divide the mixture evenly amongst individual crocks. Top each crock with a piece of pancetta, sprig of rosemary and a drizzle of extra-virgin olive oil.

Bake in the oven until the bacon is browned and fat is rendered, about 25 minutes.

## Nutrition Facts



## Properties

Glycemic Index:33.67, Glycemic Load:11.08, Inflammation Score:-7, Nutrition Score:12.990434812463%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 359.67kcal (17.98%), Fat: 22.1g (34%), Saturated Fat: 4.46g (27.88%), Carbohydrates: 37.23g (12.41%), Net Carbohydrates: 34.39g (12.51%), Sugar: 25.55g (28.39%), Cholesterol: 12.32mg (4.11%), Sodium: 437.84mg (19.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.8g (11.6%), Vitamin C: 28.75mg (34.84%), Folate: 135.35µg (33.84%), Magnesium: 114.04mg (28.51%), Manganese: 0.51mg (25.53%), Potassium: 798.3mg (22.81%), Iron: 3.29mg (18.27%), Selenium: 12.43µg (17.76%), Vitamin E: 2.43mg (16.17%), Vitamin B6: 0.28mg (13.99%), Copper: 0.26mg

(13.21%), Calcium: 130.29mg (13.03%), Fiber: 2.84g (11.35%), Phosphorus: 102.54mg (10.25%), Vitamin K: 9.35µg (8.9%), Vitamin B3: 1.36mg (6.79%), Zinc: 0.94mg (6.25%), Vitamin B1: 0.09mg (5.72%), Vitamin B5: 0.37mg (3.71%), Vitamin B2: 0.06mg (3.33%), Vitamin A: 122.76IU (2.46%), Vitamin B12: 0.09µg (1.56%)