



Thermos Spicy Baked Beans



Gluten Free



Dairy Free



Very Healthy

READY IN



265 min.

SERVINGS



12

CALORIES



387 kcal

SIDE DISH

Ingredients

- ☐ 2 cups apples cored peeled sliced
- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 bay leaf
- ☐ 2 cups carrots peeled finely sliced
- ☐ 1 teaspoon cayenne pepper
- ☐ 1 chile pepper dried whole
- ☐ 0.5 cup dijon mustard
- ☐ 2 pounds pinto beans dried cooked

- ☐ 2 garlic cloves peeled finely chopped
- ☐ 2 tablespoons ginger freshly grated
- ☐ 0.5 cup blackstrap molasses
- ☐ 1 teaspoon olive oil
- ☐ 2.5 cups onions chopped
- ☐ 0.5 cup raisins
- ☐ 0.5 cup tomato paste
- ☐ 15 ounce tomato sauce plus 1 can water canned
- ☐ 2 tablespoons worcestershire sauce

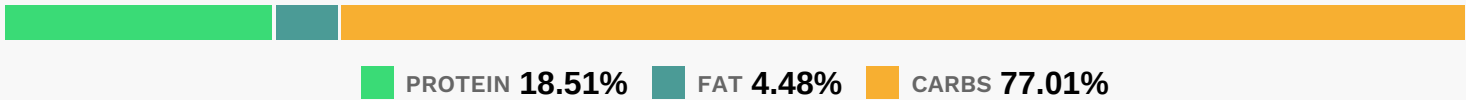
Equipment

- ☐ pot

Directions

- ☐ Add the oil to the Cook and Carry system inner cooking pot over medium-high heat and fry the onion for 3 minutes.
- ☐ Add the garlic, ginger and cayenne, and cook for just 30 seconds, stirring, to release the volatile oils.
- ☐ Stir in the carrots and apples until they are well coated with spices.
- ☐ Add the rest of the ingredients, stir thoroughly and bring to a full boil.
- ☐ Place the inner cooking pot into the insulated transport container and allow to cook for 4 hours.

Nutrition Facts



Properties

Glycemic Index:41.39, Glycemic Load:24.84, Inflammation Score:-10, Nutrition Score:31.912173893141%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 4.1mg, Catechin: 4.1mg, Catechin: 4.1mg, Catechin: 4.1mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg

Nutrients (% of daily need)

Calories: 387.47kcal (19.37%), Fat: 1.98g (3.05%), Saturated Fat: 0.32g (2.02%), Carbohydrates: 76.55g (25.52%), Net Carbohydrates: 61.23g (22.27%), Sugar: 20.16g (22.39%), Cholesterol: 0mg (0%), Sodium: 438.34mg (19.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.39g (36.79%), Folate: 413.89µg (103.47%), Vitamin A: 3986.34IU (79.73%), Manganese: 1.31mg (65.63%), Fiber: 15.31g (61.24%), Potassium: 1715.36mg (49.01%), Magnesium: 192.28mg (48.07%), Copper: 0.89mg (44.47%), Vitamin B1: 0.62mg (41.53%), Selenium: 28.24µg (40.35%), Phosphorus: 372.79mg (37.28%), Iron: 5.85mg (32.49%), Vitamin B6: 0.62mg (30.99%), Vitamin C: 15.41mg (18.68%), Calcium: 152.47mg (15.25%), Vitamin B2: 0.25mg (14.8%), Zinc: 2.13mg (14.18%), Vitamin B3: 2.15mg (10.74%), Vitamin K: 10.45µg (9.95%), Vitamin B5: 0.98mg (9.83%), Vitamin E: 1.46mg (9.76%)