



Vermont Baked Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



251 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons dijon mustard
- ☐ 2 cups navy beans dried
- ☐ 0.8 cup maple syrup divided
- ☐ 0.3 teaspoon hot sauce hot (such as Tabasco)
- ☐ 1 teaspoon salt
- ☐ 4 ounces salt pork diced
- ☐ 5.5 cups water
- ☐ 1.5 cups onion yellow chopped

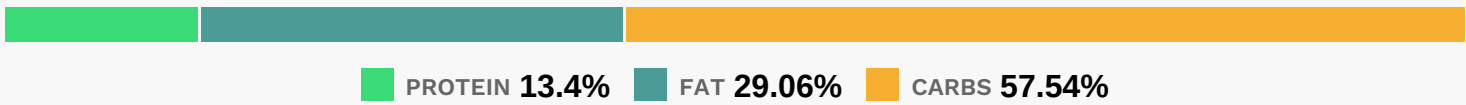
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Sort and wash beans; place in a large bowl. Cover with water to 2 inches above beans; cover and let stand 8 hours or overnight.
- ☐ Drain beans.
- ☐ Preheat oven to 32
- ☐ Heat a Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion and pork to pan; saut 5 minutes.
- ☐ Add beans, 5 1/2 cups water, 1/2 cup syrup, mustard, salt, and pepper sauce; bring to a boil. Cover and bake at 325 for 2 1/2 hours or until beans are tender, stirring occasionally. Uncover and bake an additional 30 minutes or until mixture begins to thicken. Stir in remaining 1/4 cup syrup.

Nutrition Facts



Properties

Glycemic Index:7.96, Glycemic Load:5.37, Inflammation Score:-5, Nutrition Score:12.09913048796%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 251kcal (12.55%), Fat: 8.21g (12.63%), Saturated Fat: 2.85g (17.8%), Carbohydrates: 36.59g (12.2%), Net Carbohydrates: 27.71g (10.08%), Sugar: 14.28g (15.87%), Cholesterol: 8.13mg (2.71%), Sodium: 480.02mg (20.87%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.52g (17.04%), Manganese: 0.99mg (49.45%), Fiber: 8.88g (35.52%), Folate: 130.22µg (32.55%), Vitamin B1: 0.31mg (21%), Vitamin B2: 0.32mg (19.11%), Magnesium: 69.55mg (17.39%), Copper: 0.32mg (16.03%), Phosphorus: 153.84mg (15.38%), Potassium: 494.49mg (14.13%), Iron: 2.04mg (11.34%), Zinc: 1.55mg (10.32%), Vitamin B6: 0.18mg (9.07%), Calcium: 82.62mg (8.26%), Selenium: 5.1µg (7.28%), Vitamin B3: 0.96mg (4.81%), Vitamin B5: 0.31mg (3.08%), Vitamin C: 1.55mg (1.88%)