



## Vermont Baked Beans From 'Lighten Up, America!'

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

READY IN



**645 min.**

SERVINGS



**10**

CALORIES



**239 kcal**

SIDE DISH

### Ingredients

- 4 slices bacon chopped
- 0.3 teaspoon pepper black freshly ground
- 0.3 cup brown sugar packed
- 1 pound navy beans dried
- 1 tablespoon ground mustard dry
- 1 teaspoon kosher salt
- 0.3 cup maple syrup

- 0.5 cup onion chopped
- 6 cups water divided

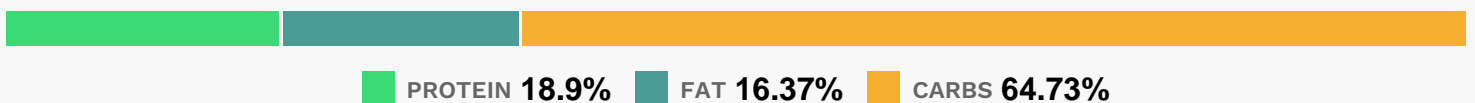
## Equipment

- bowl
- frying pan
- paper towels
- oven
- dutch oven

## Directions

- Sort and wash beans; place in a large Dutch oven. Cover with water to 2 inches above beans; cover and let stand 8 hours.
- Drain beans. Wipe pan dry with a paper towel.
- Cook bacon in Dutch oven over medium-high heat 3 minutes, stirring frequently.
- Add onion; reduce heat to medium, and cook 4 minutes or until onion is tender, stirring occasionally.
- Combine brown sugar and next 4 ingredients (through pepper) in a small bowl; stir well.
- Add 1 cup water; stir until well blended.
- Add beans to pan, stirring to coat. Stir in brown sugar mixture.
- Add 5 cups water; bring to a boil. Reduce heat, and simmer 30 minutes, stirring occasionally.
- Preheat oven to 300°.
- Bake beans for 2 hours or until beans are tender, stirring occasionally.
- Per 3/4 cup serving: CALORIES 203; FAT 1.5g (sat 0.4g, mono 0.3g, poly 0.5g); PROTEIN 9.7g; CARB 38.8g; FIBER 11.1g; CHOL 2mg; IRON 2.6mg; SODIUM 230mg; CALC 89mg

## Nutrition Facts



## Properties

Glycemic Index:9.55, Glycemic Load:2.15, Inflammation Score:-6, Nutrition Score:14.017826085505%

## Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

## Nutrients (% of daily need)

Calories: 239.07kcal (11.95%), Fat: 4.44g (6.83%), Saturated Fat: 1.27g (7.91%), Carbohydrates: 39.46g (13.15%), Net Carbohydrates: 28.16g (10.24%), Sugar: 12.31g (13.67%), Cholesterol: 5.81mg (1.94%), Sodium: 302.86mg (13.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.52g (23.04%), Fiber: 11.3g (45.21%), Manganese: 0.87mg (43.36%), Folate: 167.83µg (41.96%), Vitamin B1: 0.39mg (26.03%), Magnesium: 87.52mg (21.88%), Copper: 0.42mg (20.79%), Phosphorus: 205.7mg (20.57%), Potassium: 597.92mg (17.08%), Iron: 2.66mg (14.79%), Zinc: 1.89mg (12.59%), Selenium: 8.32µg (11.89%), Vitamin B6: 0.23mg (11.62%), Vitamin B2: 0.19mg (11.05%), Calcium: 88.78mg (8.88%), Vitamin B3: 1.4mg (7.01%), Vitamin B5: 0.41mg (4.1%), Vitamin K: 1.29µg (1.22%)