



## Yankee Beans

 Gluten Free  Dairy Free

READY IN



505 min.

SERVINGS



12

CALORIES



242 kcal

SIDE DISH

### Ingredients

- 1.5 tablespoons apple cider vinegar
- 0.5 pound bacon diced
- 1 bay leaf
- 1 teaspoon canola oil
- 1 pound cannellini beans dried
- 1 teaspoon thyme leaves dried
- 3 cloves garlic minced
- 1 ham bone with some meat

- 0.3 cup maple syrup pure
- 1 tablespoon ground mustard
- 1 large onion chopped
- 1 dash pepper sauce hot to taste
- 1 pinch pepper flakes red
- 12 servings salt and pepper to taste
- 0.3 cup tomato purée
- 2 tablespoons worcestershire sauce

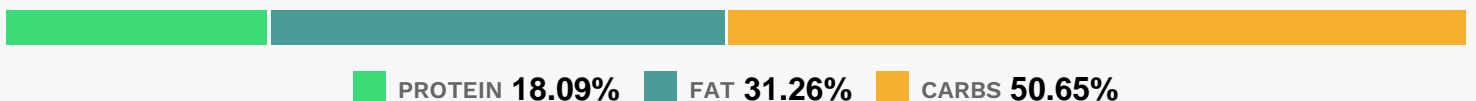
## Equipment

- frying pan
- slow cooker

## Directions

- Heat oil in a large skillet over medium-high heat.
- Add onions and bacon, and cook until onions are tender and golden, about 5 minutes.
- Add garlic, thyme and red pepper flakes to the skillet, and cook for a minute to blend flavors.
- Place the soaked beans in a 3 1/2 quart or larger slow cooker. Stir in the onion and bacon mixture, maple syrup, tomato puree, Worcestershire sauce, and mustard powder. Bury the ham bone in the beans, and fill the slow cooker with enough hot water to cover the beans.
- Add bay leaves to the top.
- Cover and cook for 5 hours on High, or 10 to 11 hours on Low.
- Remove bay leaves, and season with vinegar, hot sauce, salt and pepper before serving.

## Nutrition Facts



## Properties

Glycemic Index:11.13, Glycemic Load:1.98, Inflammation Score:-6, Nutrition Score:13.691304455633%

## Flavonoids

Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

## **Nutrients (% of daily need)**

Calories: 242.02kcal (12.1%), Fat: 8.51g (13.1%), Saturated Fat: 2.69g (16.84%), Carbohydrates: 31.03g (10.34%), Net Carbohydrates: 22.96g (8.35%), Sugar: 6.01g (6.68%), Cholesterol: 12.47mg (4.16%), Sodium: 364.36mg (15.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.08g (22.17%), Folate: 186.61µg (46.65%), Manganese: 0.76mg (37.95%), Fiber: 8.07g (32.3%), Vitamin B1: 0.32mg (21.28%), Phosphorus: 210.02mg (21%), Magnesium: 80.64mg (20.16%), Potassium: 651.29mg (18.61%), Copper: 0.36mg (17.88%), Iron: 2.61mg (14.48%), Selenium: 10.12µg (14.45%), Vitamin B6: 0.25mg (12.68%), Vitamin B2: 0.2mg (12.02%), Calcium: 86.13mg (8.61%), Vitamin B3: 1.66mg (8.29%), Zinc: 1.24mg (8.27%), Vitamin B5: 0.57mg (5.69%), Vitamin C: 4.2mg (5.09%), Vitamin K: 4.25µg (4.05%), Vitamin E: 0.37mg (2.5%), Vitamin B12: 0.09µg (1.57%)