

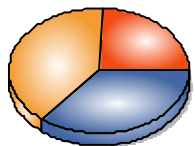


Baked Beans

By: Modified by DrJez LLC from Cooking Light

Recipe grams: 1056.12g/37.3oz

Serves 12 88.01g/3.1oz per serving



Protein: 19%
Carbohydrates: 76%
Fat: 6%

INGREDIENTS

1 small ONION, RAW
3/8 cups BROWN SUGAR BLEND, SPLENDA
1/4 cup MOLASSES
1 tsp MUSTARD POWDER
1 tsp SALT, TABLE
1 tsp BLACK PEPPER, GROUND
1 tsp OLIVE OIL, EXTRA VIRGIN
3 slices BACON, COOKED, RTS
3 cups GREAT NORTHERN BEAN, RAW
1 cup BARBECUE SAUCE, CARB WELL

DIRECTIONS

Place beans in an oven proof Dutch oven and cover with water to a depth of 2 inches above beans. Bring to a boil and cook for two minutes. Remove from heat and allow to sit 1 hour.

Drain beans and return to Dutch oven. Add 8 cups of water and onion. Bring to a boil. Cover, reduce heat and simmer for 2 hours or until tender. Drain.

Add sauce and remaining ingredients and stir well.

Preheat oven to 350°F.

Cover and bake for 1 hour.

Nutrition Facts

Serving Size: 1 serving (88.0g)

Servings: 1

Amount Per Serving	
Calories 230	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 480mg	20%
Total Carbohydrate 42g	15%
Dietary Fiber 9g	35%
Sugars 13g	
Protein 11g	
Vitamin A 0%	Vitamin C 4%
Calcium 10%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet.	