

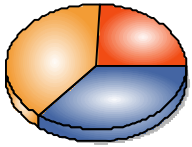


## Boston Baked Beans

By: Modified by DrJez LLC from Graham Kerr

Recipe grams: 664.72g/23.4oz

Serves 6 110.79g/3.9oz per serving



Protein: 15%  
Carbohydrates: 74%  
Fat: 10%

### INGREDIENTS

1 lb NAVY BEAN, BOILED W/SALT  
1 small ONION, RAW  
1/8 cup 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

### DIRECTIONS

Preheat oven to 300°F. Combine Chopped onion, Splenda, molasses, mustard, salt and pepper in a bowl.

Heat a small skillet on medium high heat. Heat the oil and saute the bacon to release the flavors. Add 1 tsp of molasses and stir in while cooking for 1 minute. Stir into beans along with the molasses mixture and place all into a bean pot or other baking dish with a small opening. A baking dish tightly wrapped with foil with a 2 in diameter hole will work as well.

Cover with boiling water and bake in oven for 6 hours or until beans are tender and sauce is syrupy. Stir occasionally, but only add water if mixture gets dry.

### Nutrition Facts

Serving Size: 1 serving (110.8g)

Servings: 1

#### Amount Per Serving

Calories 190 Calories from Fat 20

% Daily Value\*

**Total Fat** 2g 4%

Saturated Fat 0g 2%

Trans Fat 0g

**Cholesterol** less than 5mg 0%

**Sodium** 610mg 25%

**Total Carbohydrate** 36g 10%

Dietary Fiber 8g 35%

Sugars 13g

**Protein** 7g

Vitamin A 0%

• Vitamin C 2%

Calcium 8%

• Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet.