

# Slow Cooker BBQ Baked Beans

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## Servings: 12

## Yield: 12 1/2 cup servings

1 package (16 ounce) dried great northern beans  
2 (1/2 pound ea) smoked ham hocks  
2 cups water  
1 medium onion, chopped  
2 teaspoons garlic powder, divided  
2 teaspoons onion powder, divided  
1 cup barbecue sauce  
3/4 cup packed brown sugar  
1/2 teaspoon ground nutmeg  
1/4 teaspoon ground cloves  
2 teaspoons hot pepper sauce (optional)

Rinse and sort the beans. Soak according to package directions. Drain and rinse the beans, discarding the liquid.

In a four-quart slow cooker, combine the beans, ham hocks, water, onion, one teaspoon garlic powder and one teaspoon onion powder.

Cook, covered, on LOW until the beans are tender, eight to ten hours.

Remove the ham hocks. Cool slightly. Cut the meat into small cubes, discarding the bones. Return the meat to the slow cooker.

Stir in the barbecue sauce, brown sugar, nutmeg, cloves, remaining garlic powder, remaining onion powder and the pepper sauce, if desired.

Cook covered on HIGH until heated through, about 30 minutes.

Per Serving (excluding unknown items): 226 Calories; 8g Fat (30.7% calories from fat); 12g Protein; 27g Carbohydrate; 4g Dietary Fiber; 40mg Cholesterol; 203mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 1 Fat; 1 Other Carbohydrates.

## Per Serving Nutritional Analysis

Calories (kcal):	226
% Calories from Fat:	30.7%
% Calories from Carbohydrates:	47.7%
% Calories from Protein:	21.7%
Total Fat (g):	8g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	40mg
Carbohydrate (g):	27g
Dietary Fiber (g):	4g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	78mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

## Food Exchanges

Grain (Starch):	1/2
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**Protein (g):** 12g  
**Sodium (mg):** 203mg  
**Potassium (mg):** 423mg  
**Calcium (mg):** 69mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 3mg  
**Vitamin A (i.u.):** 182IU  
**Vitamin A (r.e.):** 18RE

**Lean Meat:** 1 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1  
**Other Carbohydrates:** 1

## Nutrition Facts

Servings per Recipe: 12

### Amount Per Serving

**Calories** 226 Calories from Fat: 69

### % Daily Values\*

<b>Total Fat</b>	8g	12%
Saturated Fat	3g	13%
<b>Cholesterol</b>	40mg	13%
<b>Sodium</b>	203mg	8%
<b>Total Carbohydrates</b>	27g	9%
Dietary Fiber	4g	14%
<b>Protein</b>	12g	

<b>Vitamin A</b>	4%
<b>Vitamin C</b>	5%
<b>Calcium</b>	7%
<b>Iron</b>	8%

\* Percent Daily Values are based on a 2000 calorie diet.