



**TAP INTO GREATNESS**

# MAPLE BAKED BEANS

*The **perfect** summer BBQ side dish!*

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## Ingredients

- **2 cans** baked pinto beans (or one cup dried beans cooked)
- **1/4 c.** Maple Valley organic maple syrup
- **1/2 c.** tomato sauce
- **1 tsp.** onion powder
- **1/2 tsp.** garlic granules
- **1/2 tsp.** mustard powder
- **Sea salt** (to taste)

***Bake at 350 degrees Fahrenheit for 30 minutes or simmer on the stove until thickened.***

*Find more recipes at: [maplevalley.coop](http://maplevalley.coop)*



*Use Maple Valley syrup  
in all of your recipes!*

### SUBSTITUTE FOR SUGAR:

Use 2/3 cup of maple syrup for each cup of granulated sugar and reduce the quantity of liquid in the recipe (water, milk or juice) by about 1/4 cup. Reduce oven temperature by 25°F to prevent over-browning.

*Substitute maple syrup in equal quantities for honey, molasses or agave syrup.*



## NUTRITIONAL VALUE FOR VARIOUS SWEETENERS

% of Recommended Daily Value (DV) per 1/4 cup (60ml)

SWEETENER	MAPLE SYRUP		HIGH FRUCTOSE CORN SYRUP		HONEY		BROWN SUGAR		WHITE SUGAR	
	1/4 cup/ 80g % DV	mg	1/4 cup/78g % DV	mg	1/4 cup/85g % DV	mg	1/4 cup/55g % DV	mg	1/4 cup/51g % DV	mg
Riboflavin	37	0.59	1	0.01	2	0.03	0	0.0	1	0.01
Thiamin	1	0.01	0	0.0	0	0.0	0	0.0	0	0.0
Manganese	95	1.89	4	0.07	4	0.07	2	0.04	0	0.0
Zinc	6	0.58	0	0.02	2	0.19	0	0.02	0	0.0
Magnesium	7	16.5	0	0.0	1	1.75	2	5.0	0	0.0
Calcium	5	58.0	0	0.0	0	5.0	4	45.8	0	0.48
Iron	1	0.09	0	0.02	3	0.36	3	0.39	0	0.03
Selenium	1	0.4µg	1	0.55µg	1	0.66µg	1	0.65µg	1	0.3µg
Potassium	5	167	0	0.0	1	44.0	2	73.3	0	0.96
Calories	216		220		261		216		196	

SOURCE: USDA NUTRIENT DATABASE AND CANADIAN NUTRIENT FILE

Notes: Figures shown represent the overall minimum values for minerals, nutrients and the maximum for calories reported. The percent daily values (% DV) were calculated using the Health Canada recommended daily intake values for an average 2,000 calorie diet.

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