



4-Bean Baked Beans



Gluten Free



Dairy Free



Popular

READY IN



120 min.

SERVINGS



16

CALORIES



221 kcal

SIDE DISH

Ingredients

- 0.5 pound bacon cut into small pieces
- 0.8 cup brown sugar
- 15 ounce shell beans drained canned
- 15 ounce kidney beans drained canned
- 15 ounce lima beans *soaked overnight drained canned
- 1 teaspoon mustard dry
- 2 cloves garlic chopped
- 0.5 cup catsup

- 0.3 cup blackstrap molasses
- 1 large onion chopped
- 16 ounce pork and beans drained canned
- 0.5 cup vinegar

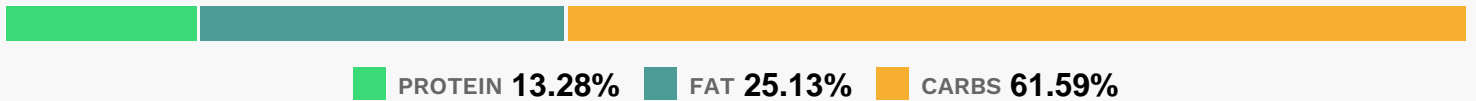
Equipment

- sauce pan
- oven
- whisk
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place kidney beans, butter beans, lima beans, and pork and beans in a 2-quart casserole dish.
- Heat a saucepan over medium heat; cook and stir bacon, onion, and garlic until bacon is browned, about 10 minutes.
- Pour off excess fat.
- Whisk brown sugar, ketchup, vinegar, molasses, and mustard into bacon mixture; simmer until cooked through, about 20 minutes.
- Pour sauce over beans in the casserole dish.
- Bake in the preheated oven until bubbling, 1 hour 15 minutes.

Nutrition Facts



Properties

Glycemic Index:19.85, Glycemic Load:6.97, Inflammation Score:-4, Nutrition Score:8.1326086158338%

Flavonoids

Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg, Myricetin: 0.01mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 221.09kcal (11.05%), Fat: 6.32g (9.72%), Saturated Fat: 2.1g (13.15%), Carbohydrates: 34.86g (11.62%), Net Carbohydrates: 29.13g (10.59%), Sugar: 16.44g (18.27%), Cholesterol: 11.34mg (3.78%), Sodium: 531.32mg (23.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.52g (15.04%), Manganese: 0.49mg (24.73%), Fiber: 5.72g (22.9%), Magnesium: 56.26mg (14.07%), Phosphorus: 127.18mg (12.72%), Iron: 2.22mg (12.35%), Potassium: 429.65mg (12.28%), Copper: 0.24mg (12.23%), Selenium: 8.38µg (11.97%), Folate: 46.47µg (11.62%), Vitamin B6: 0.19mg (9.66%), Vitamin B1: 0.12mg (8.04%), Zinc: 1.15mg (7.68%), Calcium: 58.73mg (5.87%), Vitamin B3: 1.15mg (5.77%), Vitamin B2: 0.07mg (4.35%), Vitamin B5: 0.35mg (3.53%), Vitamin C: 1.91mg (2.31%), Vitamin K: 1.37µg (1.3%), Vitamin E: 0.18mg (1.23%), Vitamin B12: 0.07µg (1.18%)