



Apple Baked Bean Casserole



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



213 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 strips bacon
- ☐ 30 ounce baked beans boston-style canned
- ☐ 0.3 cup brown sugar
- ☐ 1 cup apples i use 2 granny smith apples diced
- ☐ 1 tablespoon mustard prepared
- ☐ 1 cup onion diced
- ☐ 1 teaspoon salt

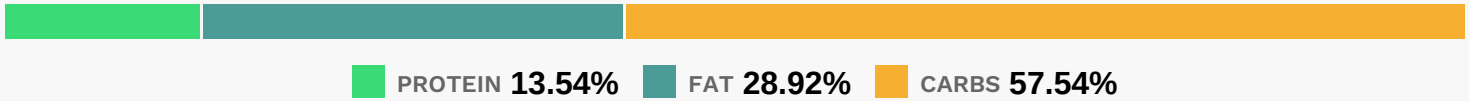
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Coat a 2-quart baking dish with nonstick cooking spray. In a large bowl, combine all the ingredients except the bacon and mix well.
- ☐ Pour into the baking dish and lay the raw strips of bacon on top. Cover and bake for approximately 45 minutes, or until thick and bubbly. Uncover and bake for 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:16.71, Glycemic Load:7.56, Inflammation Score:-3, Nutrition Score:8.0030434390773%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg

Nutrients (% of daily need)

Calories: 213.42kcal (10.67%), Fat: 7.22g (11.1%), Saturated Fat: 2.48g (15.52%), Carbohydrates: 32.3g (10.77%), Net Carbohydrates: 25.65g (9.33%), Sugar: 9.17g (10.19%), Cholesterol: 16.52mg (5.51%), Sodium: 845.34mg (36.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.2%), Fiber: 6.64g (26.57%), Manganese: 0.43mg (21.48%), Phosphorus: 144.43mg (14.44%), Copper: 0.25mg (12.56%), Selenium: 8.58µg (12.26%), Potassium: 413.66mg (11.82%), Zinc: 1.77mg (11.8%), Iron: 2.01mg (11.14%), Folate: 42.74µg (10.69%), Magnesium: 42.1mg (10.53%), Vitamin B1: 0.11mg (7.31%), Calcium: 69.64mg (6.96%), Vitamin B6: 0.14mg (6.96%), Vitamin B3: 1.08mg (5.42%), Vitamin C: 4.33mg (5.25%), Vitamin B2: 0.06mg (3.66%), Vitamin B5: 0.23mg (2.31%), Vitamin B12: 0.07µg (1.15%)