



Aunt Ro's Baked Beans



Gluten Free



Dairy Free



Popular

READY IN



265 min.

SERVINGS



6

CALORIES



976 kcal

SIDE DISH

Ingredients

- ☐ 8 ounces bacon
- ☐ 30 ounce baked beans with pork canned
- ☐ 1 cup barbeque sauce
- ☐ 1 cup brown sugar packed
- ☐ 31 ounce shell beans drained and rinsed canned
- ☐ 24 ounce pinto beans drained and rinsed canned
- ☐ 1 pound ground beef
- ☐ 1 cup catsup

☐ 0.5 cup onion chopped

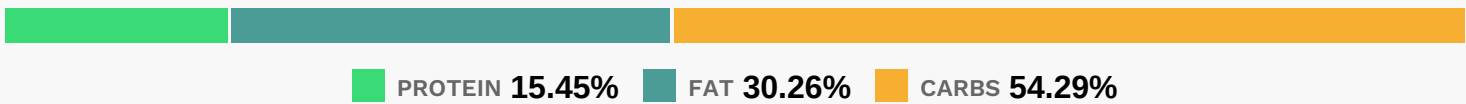
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ slow cooker

Directions

- ☐ Place the bacon in a large, deep skillet and cook over medium-high heat until evenly brown.
- ☐ Drain on paper towels, crumble, and set aside.
- ☐ Drain bacon fat from the skillet.
- ☐ Using the same skillet, cook the ground beef and onion over medium heat, stirring until the meat is no longer pink, 5 to 7 minutes.
- ☐ Drain.
- ☐ Transfer the ground beef to a slow cooker.
- ☐ Add the pinto beans, butter beans, baked beans with pork, barbeque sauce, ketchup, and brown sugar to the ground beef mixture; stir to blend well. Cover and cook for 4 hours on High. Top each serving with crumbled bacon.

Nutrition Facts



Properties

Glycemic Index:25.11, Glycemic Load:19.77, Inflammation Score:-8, Nutrition Score:33.293043934781%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 975.65kcal (48.78%), Fat: 33.56g (51.63%), Saturated Fat: 11.9g (74.36%), Carbohydrates: 135.5g (45.17%), Net Carbohydrates: 114.68g (41.7%), Sugar: 61.63g (68.48%), Cholesterol: 88.54mg (29.52%), Sodium: 2548.34mg

(110.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.54g (77.08%), Fiber: 20.82g (83.28%), Manganese: 1.56mg (77.8%), Phosphorus: 564.95mg (56.49%), Iron: 9.08mg (50.46%), Zinc: 7.45mg (49.64%), Selenium: 33.6µg (48%), Potassium: 1643.4mg (46.95%), Copper: 0.9mg (45.24%), Magnesium: 176.16mg (44.04%), Folate: 164.23µg (41.06%), Vitamin B6: 0.78mg (39.13%), Vitamin B3: 6.95mg (34.74%), Vitamin B12: 1.81µg (30.11%), Vitamin B1: 0.37mg (24.87%), Calcium: 229.91mg (22.99%), Vitamin B2: 0.36mg (21.24%), Vitamin B5: 1.43mg (14.26%), Vitamin E: 2.09mg (13.91%), Vitamin C: 6.54mg (7.93%), Vitamin A: 326.23IU (6.52%), Vitamin K: 5.85µg (5.57%), Vitamin D: 0.23µg (1.51%)