

Bacon Baked Beans

 **Gluten Free**  **Dairy Free**

READY IN



70 min.

SERVINGS



8

CALORIES



343 kcal

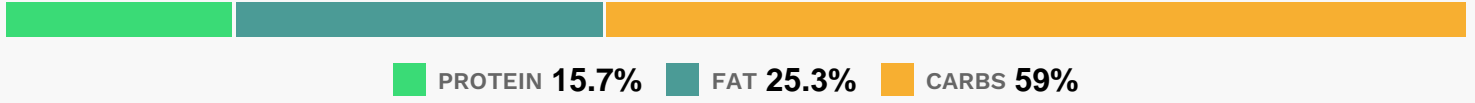
SIDE DISH

Ingredients

- 3 tablespoons apple cider vinegar
- 0.3 cup apricot preserves
- 6 slices bacon
- 64 ounce baked beans canned
- 2 garlic clove minced
- 1 onion chopped
- 2 tablespoons spicy brown mustard

Equipment

Nutrition Facts



Properties

Glycemic Index:21.46, Glycemic Load:14.41, Inflammation Score:-5, Nutrition Score:15.140869565217%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 343.15kcal (17.16%), Fat: 10.23g (15.74%), Saturated Fat: 3.57g (22.31%), Carbohydrates: 53.68g (17.89%), Net Carbohydrates: 40.77g (14.82%), Sugar: 4.94g (5.49%), Cholesterol: 26.77mg (8.92%), Sodium: 1094.32mg (47.58%), Protein: 14.28g (28.56%), Fiber: 12.91g (51.66%), Manganese: 0.88mg (44.22%), Phosphorus: 278.63mg (27.86%), Copper: 0.52mg (25.76%), Zinc: 3.57mg (23.8%), Iron: 4.08mg (22.69%), Selenium: 15.63µg (22.33%), Potassium: 773.87mg (22.11%), Folate: 84.64µg (21.16%), Magnesium: 83.13mg (20.78%), Calcium: 130.27mg (13.03%), Vitamin B1: 0.18mg (12.04%), Vitamin B6: 0.22mg (10.97%), Vitamin B3: 1.72mg (8.62%), Vitamin C: 6.67mg (8.08%), Vitamin B2: 0.11mg (6.4%), Vitamin B5: 0.35mg (3.53%), Vitamin B12: 0.08µg (1.38%)