



Bacon Bean Sandwiches

 Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 slices bread lightly toasted
- 10 bacon cooked drained
- 4 slices onion separated
- 16 ounces baked beans canned
- 5 slices processed cheese food

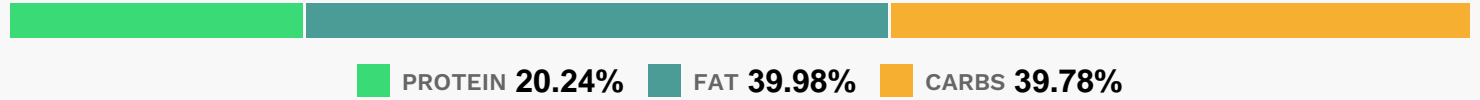
Equipment

- baking sheet
- oven

Directions

- Place toast on an ungreased baking sheet.
- Spread each slice with 3 tablespoons beans. Top each with two bacon strips, a few onion rings and a cheese slice.
- Bake at 350° for 15–20 minutes or until cheese is melted and lightly browned.

Nutrition Facts



Properties

Glycemic Index:31.07, Glycemic Load:13.19, Inflammation Score:-5, Nutrition Score:14.388260908749%

Flavonoids

Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 330.15kcal (16.51%), Fat: 14.98g (23.04%), Saturated Fat: 6.46g (40.35%), Carbohydrates: 33.53g (11.18%), Net Carbohydrates: 27.23g (9.9%), Sugar: 2.55g (2.84%), Cholesterol: 43.19mg (14.4%), Sodium: 1128.17mg (49.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.06g (34.12%), Selenium: 24.74µg (35.34%), Manganese: 0.69mg (34.39%), Phosphorus: 334.03mg (33.4%), Calcium: 306.87mg (30.69%), Fiber: 6.3g (25.2%), Vitamin B3: 3.68mg (18.4%), Zinc: 2.65mg (17.65%), Vitamin B1: 0.26mg (17.4%), Iron: 2.86mg (15.88%), Folate: 60.27µg (15.07%), Magnesium: 53.86mg (13.47%), Copper: 0.27mg (13.37%), Potassium: 443.71mg (12.68%), Vitamin B2: 0.19mg (11.43%), Vitamin B6: 0.2mg (9.98%), Vitamin B12: 0.49µg (8.16%), Vitamin B5: 0.6mg (5.97%), Vitamin A: 205.15IU (4.1%), Vitamin C: 2.7mg (3.27%), Vitamin E: 0.29mg (1.94%), Vitamin K: 1.96µg (1.87%), Vitamin D: 0.19µg (1.27%)