



Baked Bean Casserole

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

READY IN



80 min.

SERVINGS



12

CALORIES



232 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup barbecue sauce
- 1 bell pepper cored seeded finely chopped
- 4 tablespoons brown sugar
- 6 slices bacon cooked cut into pieces and
- 0.5 cup catsup
- 1.5 pounds ground beef lean
- 1 small onion finely chopped
- 32 ounce pork and beans canned

- 1 tablespoon soya sauce
- 2 tablespoons spicy brown mustard
- 2 tablespoons worcestershire sauce

Equipment

- sauce pan
- oven
- casserole dish
- aluminum foil

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F. Spray a 9- by 13- by 2-inch casserole dish with cooking spray.
- In a large saucepan, brown the ground beef, onions and bell peppers.
- Add the pork and beans, barbecue sauce, ketchup, mustard, Worcestershire sauce, soy sauce and brown sugar to the mixture. Simmer for 5 minutes.
- Transfer the mixture to the prepared casserole dish.
- Sprinkle the bacon over the top of the casserole. Cover the dish with aluminum foil and bake for 45 minutes.
- Remove the foil and continue to bake for an additional 10 minutes.
- Let the casserole stand for 10 minutes before serving.

Nutrition Facts



PROTEIN 30.44% **FAT 21.31%** **CARBS 48.25%**

Properties

Glycemic Index:12.39, Glycemic Load:4.94, Inflammation Score:-5, Nutrition Score:13.017391493787%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 231.85kcal (11.59%), Fat: 5.62g (8.64%), Saturated Fat: 2.23g (13.94%), Carbohydrates: 28.61g (9.54%), Net Carbohydrates: 23.89g (8.69%), Sugar: 10.97g (12.19%), Cholesterol: 44.41mg (14.8%), Sodium: 780.92mg (33.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.05g (36.1%), Zinc: 4.21mg (28.09%), Selenium: 16.63µg (23.76%), Phosphorus: 225.19mg (22.52%), Vitamin B12: 1.31µg (21.89%), Vitamin B3: 4.29mg (21.44%), Fiber: 4.72g (18.89%), Vitamin C: 15.5mg (18.78%), Vitamin B6: 0.36mg (17.95%), Iron: 3.09mg (17.18%), Manganese: 0.34mg (17.17%), Potassium: 569.84mg (16.28%), Copper: 0.24mg (12.14%), Magnesium: 46.57mg (11.64%), Vitamin B2: 0.17mg (10.01%), Folate: 37.57µg (9.39%), Vitamin A: 394.09IU (7.88%), Vitamin B1: 0.11mg (7.01%), Calcium: 61.31mg (6.13%), Vitamin B5: 0.57mg (5.66%), Vitamin E: 0.59mg (3.91%), Vitamin K: 1.26µg (1.2%)