

Baked Beans

 Gluten Free  Dairy Free

READY IN



43 min.

SERVINGS



8

CALORIES



425 kcal

SIDE DISH

Ingredients

- 0.5 pound bacon sliced chopped
- 64 ounce baked beans canned
- 0.3 cup brown sugar
- 2 tablespoons honey
- 0.5 cup catsup
- 2 tablespoons pepper sauce hot

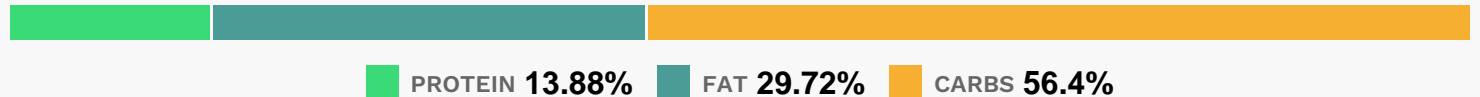
Equipment

- dutch oven

Directions

- In a heavy pot or Dutch oven, add the chopped bacon and cook over medium heat just until the fat begins to render, about 4 minutes.
- Add baked beans, ketchup, brown sugar, hot pepper sauce, and honey and bring to a simmer over medium heat. Reduce the heat slightly to maintain a simmer for 25 to 30 minutes, or until flavors are combined.

Nutrition Facts



Properties

Glycemic Index:11.87, Glycemic Load:16.28, Inflammation Score:-5, Nutrition Score:15.850869422374%

Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 424.92kcal (21.25%), Fat: 14.79g (22.76%), Saturated Fat: 5.13g (32.07%), Carbohydrates: 63.18g (21.06%), Net Carbohydrates: 50.65g (18.42%), Sugar: 16.44g (18.26%), Cholesterol: 34.59mg (11.53%), Sodium: 1351.33mg (58.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.55g (31.1%), Fiber: 12.54g (50.16%), Manganese: 0.85mg (42.42%), Phosphorus: 290.6mg (29.06%), Copper: 0.52mg (25.97%), Zinc: 3.69mg (24.59%), Selenium: 16.61µg (23.74%), Potassium: 818.68mg (23.39%), Iron: 4.13mg (22.93%), Magnesium: 83.56mg (20.89%), Folate: 83.39µg (20.85%), Vitamin B1: 0.2mg (13.42%), Calcium: 132.05mg (13.21%), Vitamin B6: 0.25mg (12.72%), Vitamin B3: 2.39mg (11.97%), Vitamin C: 7.61mg (9.22%), Vitamin B2: 0.14mg (8.16%), Vitamin B5: 0.41mg (4.1%), Vitamin B12: 0.14µg (2.36%), Vitamin E: 0.34mg (2.3%), Vitamin A: 92.7IU (1.85%)