

Baked Beans



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



12

CALORIES



144 kcal

SIDE DISH

Ingredients

- ☐ 6 slices bacon diced
- ☐ 0.3 cups brown sugar
- ☐ 2 cans tomatoes diced with green chilies
- ☐ 2 cans pinto beans drained and rinsed
- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 cups onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 cup water

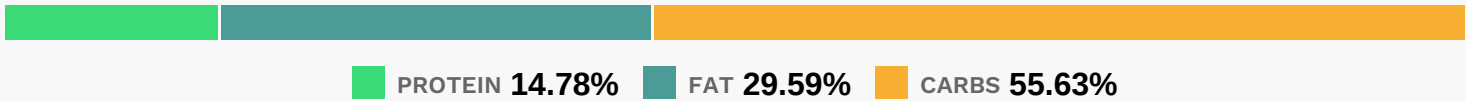
Equipment

- ☐ bowl
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ In a Dutch oven, cook bacon over medium heat until browned and crispy.
- ☐ Add onions and a dash of salt and pepper. Allow to cook for a few minutes.
- ☐ In a large bowl, mix together pinto beans, brown sugar and diced tomatoes.
- ☐ Add to Dutch oven and allow cooking.
- ☐ Add 1 cup of water. Cook for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:3.93, Inflammation Score:-4, Nutrition Score:6.8486956189508%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 143.79kcal (7.19%), Fat: 4.88g (7.51%), Saturated Fat: 1.57g (9.81%), Carbohydrates: 20.65g (6.88%), Net Carbohydrates: 16.24g (5.91%), Sugar: 7.93g (8.81%), Cholesterol: 7.26mg (2.42%), Sodium: 369.74mg (16.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.48g (10.97%), Fiber: 4.41g (17.63%), Manganese: 0.32mg (16.11%), Potassium: 391.66mg (11.19%), Vitamin C: 8.84mg (10.71%), Iron: 1.84mg (10.25%), Phosphorus: 102mg (10.2%), Vitamin B6: 0.19mg (9.59%), Copper: 0.18mg (9.15%), Magnesium: 35.58mg (8.9%), Vitamin B1: 0.11mg (7.36%), Folate: 27.6µg (6.9%), Calcium: 65.85mg (6.59%), Vitamin E: 0.92mg (6.15%), Vitamin B3: 1.16mg (5.78%), Zinc: 0.67mg (4.48%), Vitamin B2: 0.07mg (3.83%), Selenium: 2.47µg (3.53%), Vitamin K: 3.65µg (3.48%), Vitamin

B5: 0.28mg (2.78%), Vitamin A: 84.98IU (1.7%)