



Baked Beans I

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

READY IN



60 min.

SERVINGS



6

CALORIES



237 kcal

SIDE DISH

Ingredients

- 29 ounce baked beans with pork canned
- 0.5 cup brown sugar packed
- 0.5 cup catsup
- 1 tablespoon worcestershire sauce

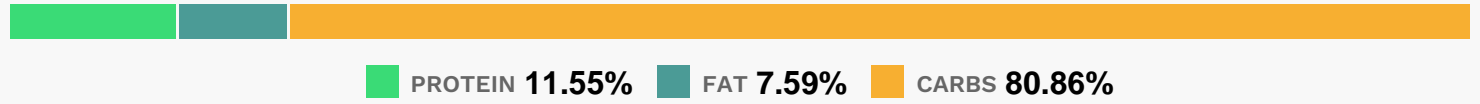
Equipment

- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a casserole dish, combine beans, brown sugar, ketchup, and Worcestershire sauce.
- Bake, covered, for 45 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:7.11, Glycemic Load:8.47, Inflammation Score:-4, Nutrition Score:9.1056522338287%

Flavonoids

Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 237.29kcal (11.86%), Fat: 2.14g (3.3%), Saturated Fat: 0.82g (5.15%), Carbohydrates: 51.4g (17.13%), Net Carbohydrates: 43.8g (15.93%), Sugar: 22.33g (24.81%), Cholesterol: 9.59mg (3.2%), Sodium: 790.64mg (34.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.34g (14.68%), Fiber: 7.6g (30.38%), Manganese: 0.53mg (26.31%), Copper: 0.33mg (16.29%), Phosphorus: 155.62mg (15.56%), Potassium: 526.65mg (15.05%), Iron: 2.68mg (14.89%), Zinc: 2.05mg (13.64%), Folate: 51.54µg (12.88%), Magnesium: 51.21mg (12.8%), Selenium: 6.81µg (9.73%), Calcium: 93.87mg (9.39%), Vitamin B6: 0.13mg (6.34%), Vitamin B2: 0.09mg (5.23%), Vitamin B1: 0.08mg (5.12%), Vitamin C: 3.93mg (4.76%), Vitamin B3: 0.94mg (4.69%), Vitamin A: 104.84IU (2.1%), Vitamin E: 0.29mg (1.96%), Vitamin B5: 0.17mg (1.71%)