



## Baked Beans II

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



442 kcal

SIDE DISH

### Ingredients

- 0.5 pound bacon cut into small pieces
- 28 ounce baked beans canned
- 8 ounces brown sugar

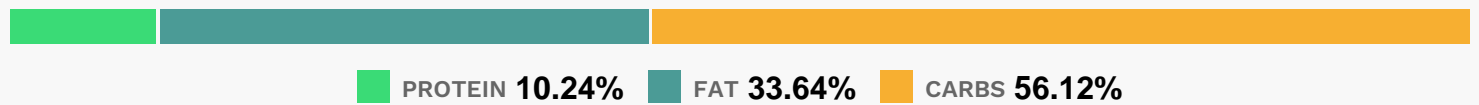
### Equipment

- frying pan
- oven
- casserole dish

## Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Pour beans into a 2 quart casserole dish.
- Place bacon in a 9 inch skillet, completely covering bottom of pan.
- Spread brown sugar over bacon and cook on medium heat. When bacon grease starts to bubble up through the sugar, transfer to the casserole dish and mix with beans.
- Bake in preheated oven for 45 minutes.

## Nutrition Facts



## Properties

Glycemic Index:7.11, Glycemic Load:8.18, Inflammation Score:-3, Nutrition Score:10.522608659838%

## Nutrients (% of daily need)

Calories: 441.5kcal (22.07%), Fat: 17.05g (26.24%), Saturated Fat: 5.82g (36.36%), Carbohydrates: 64.01g (21.34%), Net Carbohydrates: 56.74g (20.63%), Sugar: 36.67g (40.74%), Cholesterol: 34.21mg (11.4%), Sodium: 808.53mg (35.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.68g (23.36%), Fiber: 7.28g (29.11%), Manganese: 0.51mg (25.3%), Selenium: 14.27µg (20.38%), Phosphorus: 198.82mg (19.88%), Zinc: 2.39mg (15.93%), Copper: 0.32mg (15.9%), Potassium: 533.92mg (15.25%), Iron: 2.67mg (14.85%), Magnesium: 52.92mg (13.23%), Folate: 48.01µg (12%), Vitamin B1: 0.17mg (11.63%), Vitamin B3: 2.15mg (10.77%), Calcium: 103.38mg (10.34%), Vitamin B6: 0.2mg (10.04%), Vitamin B2: 0.08mg (4.76%), Vitamin B5: 0.39mg (3.92%), Vitamin C: 2.65mg (3.21%), Vitamin B12: 0.19µg (3.15%), Vitamin E: 0.16mg (1.08%), Vitamin D: 0.15µg (1.01%)