

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

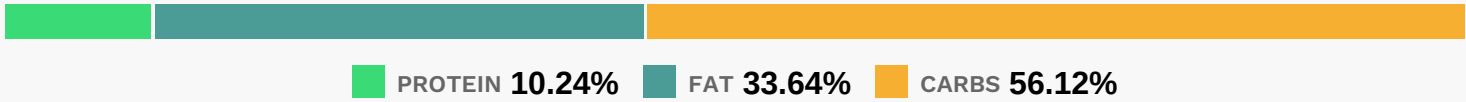
Equipment

- ☐ 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: Og (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%)