



Baked Beans in a Pot



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



161 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup barbecue sauce
- ☐ 3 tablespoons brown sugar
- ☐ 15 ounce pinto beans canned
- ☐ 2 tablespoons onion flakes dried

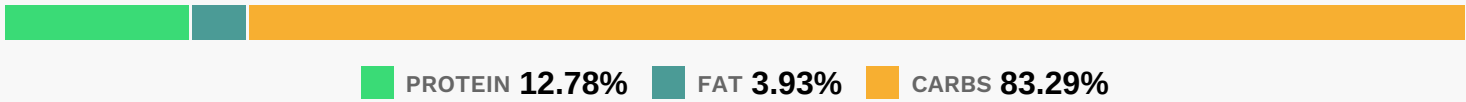
Equipment

- ☐ sauce pan

Directions

- ☐ Drain 1 (15-ounce) can no-salt-added kidney or pinto beans.
- ☐ Combine drained beans, 3 tablespoons brown sugar, 2 tablespoons dried onion flakes, and 1/4 cup barbecue sauce in a medium saucepan. Bring to a boil; cover, reduce heat, and simmer 5 minutes. Uncover, and cook 5 additional minutes.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:5.06, Inflammation Score:-3, Nutrition Score:6.1804348074872%

Nutrients (% of daily need)

Calories: 160.84kcal (8.04%), Fat: 0.72g (1.11%), Saturated Fat: 0.13g (0.84%), Carbohydrates: 34.34g (11.45%), Net Carbohydrates: 29.06g (10.57%), Sugar: 16.68g (18.54%), Cholesterol: 0mg (0%), Sodium: 472.07mg (20.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.54%), Fiber: 5.28g (21.12%), Manganese: 0.4mg (20.05%), Potassium: 387.41mg (11.07%), Phosphorus: 109.32mg (10.93%), Magnesium: 40.52mg (10.13%), Copper: 0.2mg (9.99%), Iron: 1.78mg (9.89%), Folate: 30.11µg (7.53%), Calcium: 69.76mg (6.98%), Vitamin B6: 0.14mg (6.79%), Vitamin E: 0.75mg (5.02%), Vitamin B1: 0.07mg (4.79%), Zinc: 0.68mg (4.5%), Vitamin C: 2.73mg (3.3%), Vitamin K: 2.65µg (2.52%), Vitamin B5: 0.22mg (2.2%), Vitamin B3: 0.43mg (2.13%), Vitamin B2: 0.03mg (1.74%)