



## Baked Beans Quintet

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

READY IN



45 min.

SERVINGS



8

CALORIES



447 kcal

SIDE DISH

### Ingredients

- 6 slices bacon
- 0.3 cup firmly brown sugar packed
- 16 ounce shell beans drained canned
- 19 ounce garbanzo beans drained canned
- 15.3 ounce lima beans \*soaked overnight drained canned
- 15.3 ounce kidney beans red drained canned
- 1 clove garlic minced
- 0.8 cup catsup

- 0.5 cup blackstrap molasses
- 1 tablespoon mustard prepared
- 1 cup onion chopped
- 0.5 teaspoon pepper
- 15 ounce pork and beans canned
- 1.5 tablespoons worcestershire sauce

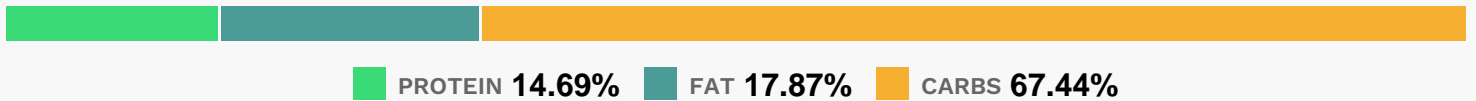
## Equipment

- bowl
- frying pan
- oven
- pot
- baking pan

## Directions

- Cook bacon in a large skillet until crisp; remove bacon, reserving drippings in skillet. Crumble bacon, and set aside.
- Cook onion and garlic in bacon drippings, stirring constantly, until tender; drain.
- Combine bacon, onion mixture, butter beans, and remaining ingredients in a large bowl.
- Spoon mixture into a lightly greased 2 1/2-quart bean pot or baking dish. Cover and bake at 375 for 1 hour or until beans are tender.

## Nutrition Facts



## Properties

Glycemic Index:46.5, Glycemic Load:19.86, Inflammation Score:-7, Nutrition Score:21.533478387024%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Myricetin: 0.01mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

## **Nutrients (% of daily need)**

Calories: 446.77kcal (22.34%), Fat: 9.2g (14.16%), Saturated Fat: 2.75g (17.21%), Carbohydrates: 78.12g (26.04%), Net Carbohydrates: 63.53g (23.1%), Sugar: 31.62g (35.13%), Cholesterol: 14.61mg (4.87%), Sodium: 1304.29mg (56.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.02g (34.03%), Manganese: 1.71mg (85.5%), Fiber: 14.59g (58.37%), Magnesium: 155.98mg (38.99%), Vitamin B6: 0.75mg (37.56%), Iron: 5.88mg (32.65%), Copper: 0.65mg (32.37%), Potassium: 1121.62mg (32.05%), Phosphorus: 297.52mg (29.75%), Folate: 111.72µg (27.93%), Selenium: 17.57µg (25.1%), Zinc: 2.65mg (17.67%), Vitamin B1: 0.24mg (16.03%), Calcium: 156.08mg (15.61%), Vitamin B3: 2.13mg (10.66%), Vitamin B2: 0.17mg (9.81%), Vitamin B5: 0.93mg (9.29%), Vitamin C: 4.5mg (5.46%), Vitamin K: 3.24µg (3.09%), Vitamin E: 0.43mg (2.83%), Vitamin A: 136.6IU (2.73%), Vitamin B12: 0.08µg (1.38%)