



WHATSHEATE

Baked Beans, Texas Ranger



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



489 kcal

SIDE DISH

Ingredients

- ☐ 28 ounce baked beans with pork canned
- ☐ 1 medium bell pepper diced
- ☐ 0.5 cup brown sugar packed
- ☐ 2 tablespoons chili powder
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 cup catsup
- ☐ 1 medium onion diced
- ☐ 4 links spicy pork sausage cut into chunks

- ☐ 6 servings salt to taste
- ☐ 4 tablespoons vinegar
- ☐ 3 tablespoons worcestershire sauce

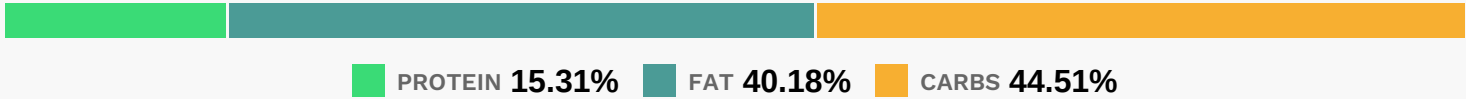
Equipment

- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ In a Dutch oven, combine the baked beans, onion, bell pepper, and sausage. Season with chili powder, Worcestershire sauce, vinegar, brown sugar, ketchup, garlic powder and salt.
- ☐ Add a dash of cayenne if desired.
- ☐ Cover and bake for one hour in the preheated oven.

Nutrition Facts



Properties

Glycemic Index:30.78, Glycemic Load:8.82, Inflammation Score:-8, Nutrition Score:19.24695655574%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg

Nutrients (% of daily need)

Calories: 489.25kcal (24.46%), Fat: 22.52g (34.64%), Saturated Fat: 7.51g (46.92%), Carbohydrates: 56.14g (18.71%), Net Carbohydrates: 47.11g (17.13%), Sugar: 24.71g (27.46%), Cholesterol: 63.5mg (21.17%), Sodium: 1563.43mg (67.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.3g (38.61%), Vitamin C: 31.87mg (38.63%), Fiber: 9.04g (36.15%), Vitamin A: 1577.83IU (31.56%), Manganese: 0.62mg (30.77%), Phosphorus: 276.58mg (27.66%), Zinc: 3.83mg (25.56%), Vitamin B3: 5.03mg (25.14%), Vitamin B6: 0.5mg (24.91%), Potassium: 871.04mg (24.89%), Iron: 4.35mg (24.19%), Vitamin B1: 0.31mg (20.89%), Copper: 0.42mg (20.87%), Magnesium: 69.57mg (17.39%),

Folate: 64.63µg (16.16%), Vitamin B2: 0.23mg (13.77%), Calcium: 119.77mg (11.98%), Vitamin E: 1.78mg (11.86%),
Vitamin B12: 0.64µg (10.67%), Selenium: 7.45µg (10.64%), Vitamin B5: 0.78mg (7.84%), Vitamin D: 0.98µg (6.53%),
Vitamin K: 4.85µg (4.62%)