



Baked Beans with Bacon and Red Onions



Gluten Free



Dairy Free

READY IN



21 min.

SERVINGS



4

CALORIES



538 kcal

SIDE DISH

Ingredients

- ☐ 3 slices bacon chopped
- ☐ 6 cups barbecued baked beans prepared
- ☐ 0.3 cup brown sugar
- ☐ 2 tablespoons parsley leaves chopped
- ☐ 1 teaspoon coarse pepper black
- ☐ 1 medium onion red finely chopped

Equipment

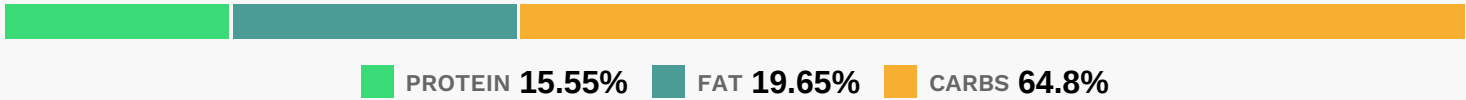
- ☐ frying pan

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 425 degrees F.
- ☐ Pour beans into casserole dish and place in oven.
- ☐ In a small nonstick skillet, cook bacon over medium high heat 2 to 3 minutes.
- ☐ Add onions and cook 3 minutes longer. Slide the beans out of the oven. Scatter the onions and bacon around the beans.
- ☐ Sprinkle the brown sugar and black pepper over the onions.
- ☐ Bake beans with toppings 10 minutes longer.
- ☐ Garnish the beans with parsley and serve.

Nutrition Facts



Properties

Glycemic Index:33.42, Glycemic Load:24.2, Inflammation Score:-7, Nutrition Score:26.112608533839%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 537.89kcal (26.89%), Fat: 12.51g (19.25%), Saturated Fat: 4.5g (28.11%), Carbohydrates: 92.88g (30.96%), Net Carbohydrates: 71.26g (25.91%), Sugar: 14.52g (16.14%), Cholesterol: 37.56mg (12.52%), Sodium: 1692.74mg (73.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.29g (44.57%), Fiber: 21.61g (86.46%), Manganese: 1.49mg (74.42%), Phosphorus: 445.71mg (44.57%), Copper: 0.85mg (42.64%), Zinc: 5.84mg (38.9%), Iron: 6.87mg (38.18%), Potassium: 1286.12mg (36.75%), Folate: 145.65µg (36.41%), Magnesium: 137.36mg (34.34%), Vitamin K: 33.73µg (32.12%), Selenium: 21.55µg (30.79%), Calcium: 225.47mg (22.55%), Vitamin B1: 0.26mg (17.49%), Vitamin

B6: 0.33mg (16.48%), Vitamin C: 12.31mg (14.93%), Vitamin B3: 2.45mg (12.23%), Vitamin B2: 0.17mg (9.91%),
Vitamin B5: 0.54mg (5.4%), Vitamin A: 177.87IU (3.56%), Vitamin B12: 0.08µg (1.38%)