



Baked Triple-Bean Pot



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 16 ounce baked beans canned
- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 cup brown sugar packed
- ☐ 15.5 ounce lima beans *soaked overnight drained canned
- ☐ 16 ounce pinto beans drained canned
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup catsup

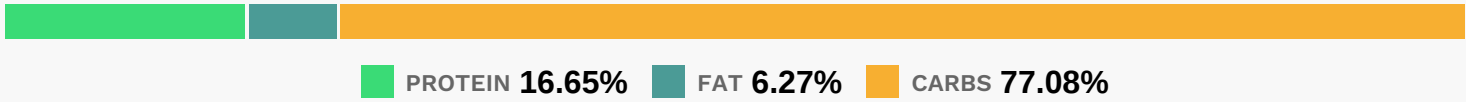
Equipment

☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Combine the first 4 ingredients in a 1 1/2-quart casserole. Stir in the beans. Cover casserole and bake at 350 for 40 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:18.77, Glycemic Load:6.58, Inflammation Score:-3, Nutrition Score:7.5991304361302%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 155.81kcal (7.79%), Fat: 1.14g (1.75%), Saturated Fat: 0.35g (2.19%), Carbohydrates: 31.52g (10.51%), Net Carbohydrates: 24.67g (8.97%), Sugar: 8.9g (9.89%), Cholesterol: 3.18mg (1.06%), Sodium: 546.47mg (23.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.62%), Fiber: 6.84g (27.38%), Manganese: 0.49mg (24.69%), Iron: 2.36mg (13.09%), Copper: 0.26mg (13.06%), Phosphorus: 128.37mg (12.84%), Magnesium: 50.45mg (12.61%), Folate: 50.01µg (12.5%), Potassium: 393.47mg (11.24%), Zinc: 1.23mg (8.23%), Selenium: 5.26µg (7.51%), Calcium: 63.57mg (6.36%), Vitamin B6: 0.12mg (5.86%), Vitamin B1: 0.08mg (5.21%), Vitamin B2: 0.05mg (3.02%), Vitamin B3: 0.55mg (2.75%), Vitamin B5: 0.24mg (2.43%), Vitamin E: 0.36mg (2.38%), Vitamin C: 1.48mg (1.8%), Vitamin K: 1.22µg (1.16%)