



Barbecue Beans

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

READY IN



45 min.

SERVINGS



10

CALORIES



258 kcal

SIDE DISH

Ingredients

- 0.8 cup barbecue sauce
- 0.7 cup firmly brown sugar packed
- 15 ounce shell beans rinsed drained canned
- 15 ounce kidney beans rinsed drained canned
- 0.5 teaspoon chili powder
- 10 bacon crumbled cooked
- 2 teaspoons dijon mustard
- 2 tablespoons blackstrap molasses

- 0.5 medium onion chopped
- 0.5 teaspoon pepper
- 15 ounce pork and beans undrained canned
- 0.5 teaspoon salt

Equipment

- oven
- baking pan
- dutch oven

Directions

- Cook onion and, if desired, ground beef in a Dutch oven, stirring until meat crumbles and is no longer pink; drain. Stir in bacon and remaining ingredients, and spoon into a lightly greased 2 1/2-quart baking dish. Chill 8 hours, if desired.
- Bake bean mixture at 350 for 1 hour, stirring once.

Nutrition Facts



Properties

Glycemic Index:26.57, Glycemic Load:7.73, Inflammation Score:-4, Nutrition Score:9.6304347754821%

Flavonoids

Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 258.12kcal (12.91%), Fat: 3.89g (5.98%), Saturated Fat: 1.28g (8.01%), Carbohydrates: 48.09g (16.03%), Net Carbohydrates: 41.07g (14.93%), Sugar: 25.38g (28.2%), Cholesterol: 10.9mg (3.63%), Sodium: 917.87mg (39.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.56g (19.11%), Fiber: 7.02g (28.09%), Manganese: 0.56mg (27.85%), Phosphorus: 162.76mg (16.28%), Magnesium: 61.42mg (15.36%), Potassium: 515.94mg (14.74%), Iron: 2.59mg (14.37%), Copper: 0.29mg (14.3%), Selenium: 10µg (14.28%), Folate: 49.36µg (12.34%), Vitamin B6: 0.2mg (10.07%), Zinc: 1.48mg (9.86%), Vitamin B1: 0.15mg (9.81%), Vitamin B3: 1.56mg (7.79%), Calcium: 74.87mg (7.49%),

Vitamin B2: 0.09mg (5.47%), Vitamin B5: 0.4mg (3.96%), Vitamin K: 2.44µg (2.32%), Vitamin C: 1.73mg (2.1%),
Vitamin E: 0.26mg (1.72%), Vitamin A: 82.03IU (1.64%), Vitamin B12: 0.09µg (1.45%)