



Barbecued Franks 'N Beans

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

READY IN



26 min.

SERVINGS



10

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 1 Tbsp butter
- 0.5 cup pasilla peppers green chopped
- 20 oz pineapple chunks drained canned
- 16 oz pork and beans canned
- 16 oz oscar mayer wieners sliced

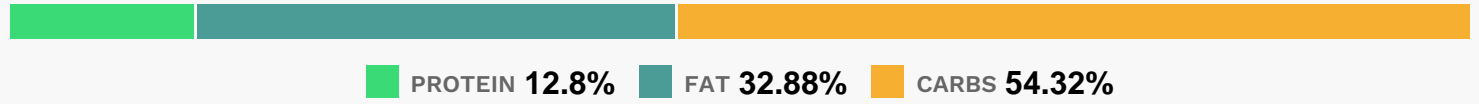
Equipment

- sauce pan

Directions

- Melt butter in large saucepan on medium heat.
- Stir in peppers; cook and stir 3 to 5 min. or until crisp-tender.
- Add remaining ingredients; cook 8 to 10 min. or until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:8.07, Glycemic Load:5.16, Inflammation Score:-3, Nutrition Score:8.2704346646433%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 230.29kcal (11.51%), Fat: 8.73g (13.43%), Saturated Fat: 2.89g (18.03%), Carbohydrates: 32.43g (10.81%), Net Carbohydrates: 28.94g (10.52%), Sugar: 13.01g (14.46%), Cholesterol: 23.59mg (7.86%), Sodium: 659.33mg (28.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.65g (15.29%), Selenium: 14.56µg (20.81%), Vitamin C: 12.36mg (14.98%), Fiber: 3.49g (13.95%), Vitamin B1: 0.2mg (13.23%), Iron: 2.12mg (11.76%), Manganese: 0.23mg (11.65%), Zinc: 1.67mg (11.13%), Vitamin B3: 2.17mg (10.86%), Folate: 42.44µg (10.61%), Copper: 0.21mg (10.44%), Phosphorus: 102.53mg (10.25%), Vitamin B2: 0.17mg (9.81%), Potassium: 323.49mg (9.24%), Magnesium: 32.47mg (8.12%), Vitamin B6: 0.12mg (6.09%), Calcium: 49.88mg (4.99%), Vitamin B12: 0.24µg (3.95%), Vitamin B5: 0.31mg (3.13%), Vitamin A: 138.02IU (2.76%), Vitamin E: 0.2mg (1.31%), Vitamin K: 1.21µg (1.15%)