



Bebop Baked Beans

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

READY IN

ready

40 min.

SERVINGS

servings

6

CALORIES

calories

244 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup hickory-flavored barbeque sauce
- ☐ 0.3 cup brown sugar packed
- ☐ 3 strips bacon cooked cut into thirds
- ☐ 30 ounce pork and beans drained canned
- ☐ 2 teaspoons mustard yellow prepared

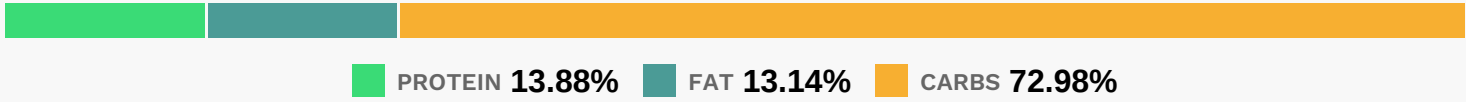
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Stir pork and beans, bacon, barbeque sauce, brown sugar, and mustard together in a casserole dish.
- ☐ Bake in preheated oven until the edges begin to dry, 35 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:12.44, Glycemic Load:8.77, Inflammation Score:-3, Nutrition Score:9.5286957666926%

Nutrients (% of daily need)

Calories: 243.76kcal (12.19%), Fat: 3.76g (5.78%), Saturated Fat: 1.34g (8.38%), Carbohydrates: 46.96g (15.65%), Net Carbohydrates: 38.95g (14.16%), Sugar: 17.15g (19.06%), Cholesterol: 13.88mg (4.63%), Sodium: 839.45mg (36.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.93g (17.86%), Fiber: 8.01g (32.04%), Manganese: 0.55mg (27.37%), Phosphorus: 174.07mg (17.41%), Copper: 0.33mg (16.37%), Zinc: 2.23mg (14.89%), Iron: 2.66mg (14.79%), Potassium: 513.58mg (14.67%), Selenium: 9.61µg (13.73%), Magnesium: 53.4mg (13.35%), Folate: 51.59µg (12.9%), Calcium: 92mg (9.2%), Vitamin B1: 0.1mg (6.96%), Vitamin B6: 0.13mg (6.51%), Vitamin B3: 1.17mg (5.86%), Vitamin B2: 0.07mg (4.3%), Vitamin C: 2.94mg (3.56%), Vitamin B5: 0.23mg (2.34%)