

Becca's Barbequed Beans

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

READY IN



60 min.

SERVINGS



10

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.7 cup barbecue sauce
- 0.3 cup dill pickles diced
- 0.3 teaspoon pepper black
- 1.5 pounds ground beef lean
- 0.3 cup onion chopped
- 30 ounce baked beans canned
- 1 teaspoon worcestershire sauce

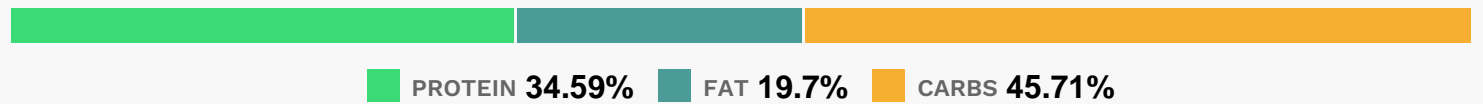
Equipment

- frying pan
- sauce pan
- oven
- casserole dish
- aluminum foil
- slow cooker

Directions

- Preheat oven to 350 degrees F (175 degrees C)
- In a large skillet or saucepan, brown ground beef and onion together with pepper, and drain well.
- In a large casserole dish, combine beef mixture, barbeque sauce, pickles, Worcestershire sauce, and pork and beans. Cover with lid or foil, and bake in preheated oven for 40 to 45 minutes, until hot and bubbly. If you prefer, you can place the mixture in a slow cooker at high heat, and simmer for 1 hour, or until hot.

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:5.35, Inflammation Score:-3, Nutrition Score:12.191739100477%

Flavonoids

Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 218.78kcal (10.94%), Fat: 4.86g (7.48%), Saturated Fat: 2.05g (12.84%), Carbohydrates: 25.37g (8.46%), Net Carbohydrates: 20.41g (7.42%), Sugar: 6.61g (7.34%), Cholesterol: 48.14mg (16.05%), Sodium: 630.25mg (27.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.2g (38.41%), Zinc: 4.75mg (31.67%), Vitamin B12: 1.52µg (25.4%), Phosphorus: 232.55mg (23.26%), Selenium: 16.11µg (23.01%), Vitamin B3: 4.25mg (21.23%), Fiber: 4.97g (19.86%), Iron: 3.24mg (18%), Manganese: 0.35mg (17.55%), Vitamin B6: 0.34mg (17.08%), Potassium: 557.76mg (15.94%), Copper: 0.25mg (12.67%), Magnesium: 47.18mg (11.79%), Vitamin B2: 0.16mg (9.21%), Folate:

35.5µg (8.88%), Calcium: 61.21mg (6.12%), Vitamin B5: 0.56mg (5.61%), Vitamin B1: 0.08mg (5.42%), Vitamin C: 2.26mg (2.74%), Vitamin E: 0.35mg (2.33%), Vitamin K: 1.25µg (1.19%)