



Beef and Bean Dinner

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound ground beef lean
- 0.5 cup onion chopped
- 5 slices bacon
- 15 ounces lima beans drained canned
- 15 ounces butter beans drained canned
- 15 ounces kidney beans drained canned
- 28 ounces baked beans canned
- 0.3 cup brown sugar packed

- 0.3 cup catsup
- 2 tablespoons worcestershire sauce

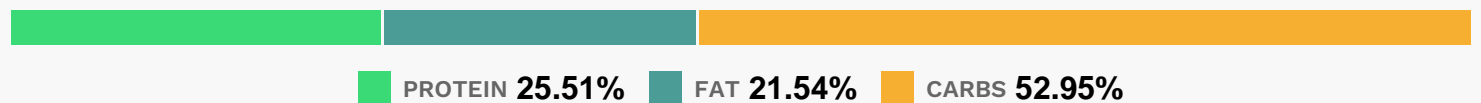
Equipment

- frying pan
- paper towels
- oven

Directions

- Heat oven to 350°. Cook beef and onion in 10-inch skillet over medium heat 8
- to 10 minutes, stirring occasionally, until brown; drain.
- Place beef mixture in
- ungreased 3-quart casserole.
- Cook bacon in same skillet over low heat 7 to 8 minutes, turning occasionally,
- until crisp and brown.
- Drain on paper towels; cool and crumble.
- Stir beans, brown sugar, ketchup and Worcestershire sauce into beef in
- casserole. Top with bacon. Cover and bake 40 to 45 minutes or until hot and
- bubbly.

Nutrition Facts



Properties

Glycemic Index:32.28, Glycemic Load:17.13, Inflammation Score:-7, Nutrition Score:28.080869809441%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 555.89kcal (27.79%), Fat: 13.63g (20.96%), Saturated Fat: 5.05g (31.53%), Carbohydrates: 75.39g (25.13%), Net Carbohydrates: 57.3g (20.83%), Sugar: 16.43g (18.25%), Cholesterol: 68.23mg (22.74%), Sodium: 1545.01mg (67.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.32g (72.64%), Fiber: 18.09g (72.37%), Manganese: 1.24mg (62.14%), Phosphorus: 509.34mg (50.93%), Zinc: 7.41mg (49.4%), Iron: 8.03mg (44.58%), Selenium: 30.53µg (43.61%), Potassium: 1311.94mg (37.48%), Copper: 0.74mg (37.02%), Magnesium: 144.83mg (36.21%), Folate: 144.72µg (36.18%), Vitamin B6: 0.65mg (32.61%), Vitamin B3: 6.41mg (32.07%), Vitamin B12: 1.79µg (29.75%), Vitamin B1: 0.32mg (21.07%), Vitamin B2: 0.31mg (18.24%), Calcium: 148.93mg (14.89%), Vitamin B5: 1.22mg (12.16%), Vitamin C: 5.35mg (6.48%), Vitamin K: 3.54µg (3.37%), Vitamin E: 0.46mg (3.05%), Vitamin A: 62.83IU (1.26%)