



## Better-than-baked beans with spicy wedges

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tsp oil
- 1 onion halved thinly sliced
- 2 rashers streaky bacon cut into large pieces
- 1 tsp sugar
- 400 g tomatoes chopped canned
- 200 ml stock from a cube
- 410 g haricot beans in water canned
- 1 tbsp flour plain white ( or self-raising)

- 0.5 tsp mild chilli powder
- 1 tsp herb mixed dried
- 2 baking potatoes cut into 8 wedges
- 2 tsp oil

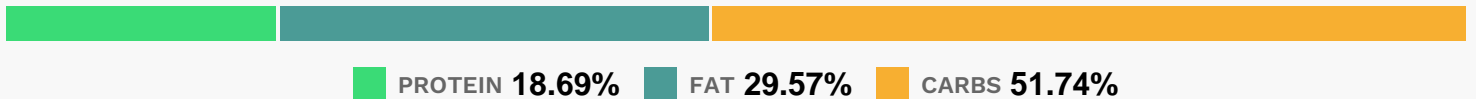
## Equipment

- frying pan
- oven

## Directions

- Heat oven to 200C/fan 180C/gas
- For the wedges, mix the flour, cayenne and herbs (if using), add some salt and pepper, then toss with the potatoes and oil until well coated. Tip into a roasting tin, then bake for about 35 mins until crisp and cooked through.
- Meanwhile, heat the oil in a non-stick pan, then gently fry the onion and bacon together for 5-10 mins until the onions are softened and just starting to turn golden. Stir in the sugar, tomatoes, stock and seasoning to taste, then simmer the sauce for 5 mins.
- Add the beans, then simmer for another 5 mins until the sauce has thickened.
- Serve with the wedges.

## Nutrition Facts



## Properties

Glycemic Index:165.92, Glycemic Load:39.09, Inflammation Score:-8, Nutrition Score:32.563043420729%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

## Nutrients (% of daily need)

Calories: 601.23kcal (30.06%), Fat: 20.43g (31.43%), Saturated Fat: 5.6g (35.03%), Carbohydrates: 80.42g (26.81%), Net Carbohydrates: 72.31g (26.29%), Sugar: 29.15g (32.39%), Cholesterol: 18.52mg (6.17%), Sodium: 24433.2mg (1062.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.04g (58.08%), Vitamin B6: 1.38mg (69.07%), Manganese: 1.24mg (61.97%), Potassium: 2025.53mg (57.87%), Selenium: 35.71µg (51.02%), Phosphorus: 460.48mg (46.05%), Vitamin B3: 9.2mg (46%), Vitamin B1: 0.64mg (42.88%), Vitamin C: 34.98mg (42.39%), Iron: 7.41mg (41.16%), Magnesium: 153.12mg (38.28%), Copper: 0.66mg (33.09%), Fiber: 8.11g (32.44%), Vitamin B2: 0.47mg (27.93%), Vitamin E: 4.11mg (27.39%), Folate: 107.74µg (26.94%), Vitamin K: 25.43µg (24.22%), Calcium: 191.21mg (19.12%), Vitamin B12: 1.11µg (18.5%), Vitamin B5: 1.71mg (17.12%), Vitamin A: 644.92IU (12.9%), Zinc: 1.8mg (12.02%)