



Big Bean Pot



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



12

CALORIES



309 kcal

SIDE DISH

Ingredients

- ☐ 0.8 lb bacon diced
- ☐ 3 medium onion chopped
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon ground mustard
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup apple cider vinegar
- ☐ 0.3 cup catsup
- ☐ 32 oz baked beans canned

- ☐ 15 oz beans red rinsed drained canned
- ☐ 15 oz lima beans rinsed drained canned

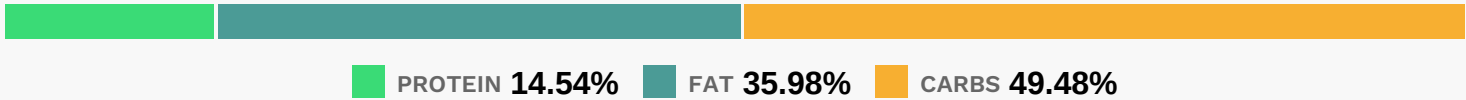
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Heat oven to 350°F. In Dutch oven or large saucepan over medium heat, cook and stir bacon and onions until bacon is crisp and onions are tender.
- ☐ Drain. Stir in remaining ingredients.
- ☐ Bake uncovered 60 to 70 minutes or until hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:16.89, Glycemic Load:8.32, Inflammation Score:-4, Nutrition Score:10.874782437864%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 308.58kcal (15.43%), Fat: 12.68g (19.5%), Saturated Fat: 4.28g (26.73%), Carbohydrates: 39.21g (13.07%), Net Carbohydrates: 30.96g (11.26%), Sugar: 11.82g (13.13%), Cholesterol: 24mg (8%), Sodium: 759.95mg (33.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.53g (23.05%), Fiber: 8.25g (33.01%), Manganese: 0.58mg (28.75%), Phosphorus: 198.15mg (19.82%), Selenium: 11.76µg (16.8%), Copper: 0.31mg (15.6%), Potassium: 534.66mg (15.28%), Folate: 60.17µg (15.04%), Iron: 2.66mg (14.78%), Magnesium: 58.61mg (14.65%), Zinc: 1.96mg (13.08%), Vitamin B1: 0.19mg (12.69%), Vitamin B6: 0.23mg (11.68%), Vitamin B3: 1.87mg (9.33%), Calcium: 74.77mg (7.48%), Vitamin B2: 0.1mg (6.1%), Vitamin C: 4.04mg (4.9%), Vitamin B5: 0.42mg (4.22%), Vitamin B12: 0.14µg (2.36%), Vitamin K: 1.72µg (1.64%), Vitamin E: 0.21mg (1.42%)