



Blazin' Baked Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



21

CALORIES



206 kcal

SIDE DISH

Ingredients

- ☐ 0.3 pound bacon raw diced finely ()
- ☐ 18 ounce barbecue sauce low-sodium
- ☐ 2 tablespoons chipotle chile canned finely chopped
- ☐ 80 ounce navy beans rinsed drained canned
- ☐ 0.3 cup brown sugar dark packed
- ☐ 3 tablespoons dijon mustard
- ☐ 1.5 cups onion chopped

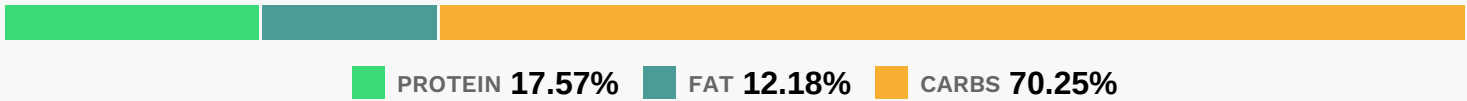
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Cook bacon in a large nonstick skillet over medium-high heat until crisp.
- ☐ Remove bacon from pan, reserving 1 tablespoon drippings in pan, and set bacon aside.
- ☐ Add onion to drippings in pan; saut 3 minutes.
- ☐ Combine bacon, onion, and remaining ingredients except cooking spray in a large bowl; toss well. Spoon the bean mixture into a 13 x 9-inch or 2 1/2-quart baking dish coated with cooking spray.
- ☐ Bake at 350 for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:2.81, Glycemic Load:0.24, Inflammation Score:-4, Nutrition Score:8.8978262342837%

Flavonoids

Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 206.45kcal (10.32%), Fat: 2.84g (4.38%), Saturated Fat: 0.86g (5.38%), Carbohydrates: 36.91g (12.3%), Net Carbohydrates: 30.76g (11.18%), Sugar: 12.37g (13.74%), Cholesterol: 3.56mg (1.19%), Sodium: 794.89mg (34.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.23g (18.47%), Fiber: 6.16g (24.62%), Manganese: 0.46mg (23.11%), Folate: 69.8µg (17.45%), Phosphorus: 163.12mg (16.31%), Magnesium: 57.05mg (14.26%), Iron: 2.29mg (12.74%), Copper: 0.25mg (12.6%), Vitamin B1: 0.18mg (12.14%), Selenium: 8.49µg (12.13%), Potassium: 402.65mg (11.5%), Vitamin B6: 0.16mg (8.02%), Vitamin E: 1.07mg (7.13%), Calcium: 65.93mg (6.59%), Zinc: 0.97mg (6.47%), Vitamin B2: 0.08mg (4.82%), Vitamin B3: 0.92mg (4.59%), Vitamin K: 3.65µg (3.47%), Vitamin B5: 0.28mg (2.81%),

Vitamin C: 1.76mg (2.13%), Vitamin A: 58.25IU (1.17%)