



Block Party Barbecued Baked Beans

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

READY IN



30 min.

SERVINGS



30

CALORIES



67 kcal

SIDE DISH

Ingredients

- 0.5 cup original barbecue sauce kraft
- 0.3 cup brown sugar packed
- 15 oz mild chili beans canned
- 1 lb ground beef lean
- 1 Tbsp heinz mustard yellow
- 1 onion chopped
- 16 oz pork and beans canned

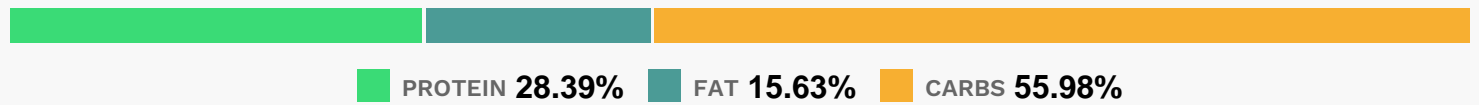
Equipment

- frying pan
- dutch oven

Directions

- Brown meat in Dutch oven sprayed with cooking spray on medium heat; drain. Return to pan. Stir in onions; cook 5 min. or until crisp-tender, stirring occasionally.
- Add remaining ingredients; mix well. Cover.
- Bring to boil; stirring frequently. Simmer on medium-low heat 15 min., stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:3.39, Glycemic Load:1.01, Inflammation Score:-1, Nutrition Score:3.4321738918838%

Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 67.43kcal (3.37%), Fat: 1.18g (1.82%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 9.53g (3.18%), Net Carbohydrates: 7.98g (2.9%), Sugar: 4.27g (4.74%), Cholesterol: 10.43mg (3.48%), Sodium: 230.6mg (10.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.67%), Zinc: 1.29mg (8.61%), Phosphorus: 70.73mg (7.07%), Fiber: 1.55g (6.21%), Vitamin B6: 0.12mg (5.81%), Vitamin B12: 0.34µg (5.67%), Selenium: 3.8µg (5.43%), Iron: 0.94mg (5.22%), Potassium: 182.42mg (5.21%), Vitamin B3: 0.99mg (4.93%), Copper: 0.09mg (4.3%), Magnesium: 16.24mg (4.06%), Manganese: 0.07mg (3.5%), Vitamin B2: 0.06mg (3.26%), Folate: 10.73µg (2.68%), Calcium: 18.02mg (1.8%), Vitamin B1: 0.02mg (1.57%), Vitamin B5: 0.13mg (1.28%), Vitamin C: 0.85mg (1.02%)