



Bourbon Baked Beans

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



369 kcal

SIDE DISH

Ingredients

- 32 ounce baked beans drained canned (recommended: Bush's)
- 0.3 cup bourbon (recommended: Jim Beam)
- 2 tablespoons brown sugar
- 0.5 cup chili sauce (recommended: Heinz)
- 1 tablespoon blackstrap molasses (recommended: Grandma's)
- 0.3 cup oz. bacon into pieces (recommended: Hormel)

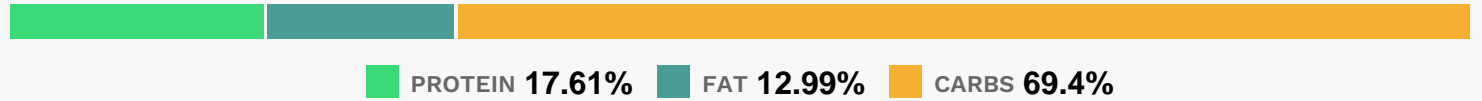
Equipment

- sauce pan

Directions

- Combine all ingredients in medium saucepan. Bring to boil over medium-high heat. Reduce to medium and continue boiling for 10 minutes.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:25.42, Glycemic Load:15.66, Inflammation Score:-6, Nutrition Score:15.833478201991%

Nutrients (% of daily need)

Calories: 368.96kcal (18.45%), Fat: 5.13g (7.9%), Saturated Fat: 2.38g (14.9%), Carbohydrates: 61.71g (20.57%), Net Carbohydrates: 48.42g (17.61%), Sugar: 14.09g (15.66%), Cholesterol: 25.97mg (8.66%), Sodium: 1611.77mg (70.08%), Alcohol: 5.01g (100%), Alcohol %: 2.16% (100%), Protein: 15.66g (31.32%), Fiber: 13.29g (53.17%), Manganese: 0.9mg (45.09%), Copper: 0.56mg (28.11%), Phosphorus: 265.07mg (26.51%), Potassium: 908.34mg (25.95%), Iron: 4.41mg (24.52%), Magnesium: 93.85mg (23.46%), Zinc: 3.39mg (22.59%), Folate: 84.78µg (21.19%), Selenium: 12µg (17.14%), Calcium: 142.26mg (14.23%), Vitamin C: 10mg (12.12%), Vitamin B6: 0.24mg (11.79%), Vitamin B1: 0.15mg (10.26%), Vitamin B3: 1.61mg (8.07%), Vitamin B2: 0.11mg (6.52%), Vitamin A: 232.05IU (4.64%), Vitamin E: 0.66mg (4.37%), Vitamin B5: 0.27mg (2.75%), Vitamin K: 1.77µg (1.69%)