



BULL'S-EYE Best Barbecue Beans

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

READY IN



20 min.

SERVINGS



14

CALORIES



225 kcal

SIDE DISH

Ingredients

- 10 slices oscar mayer bacon cut into 1/2-inch pieces
- 28 oz baked beans canned
- 1 cup bull's-eye & tangy barbecue sauce sweet
- 16 oz shell beans rinsed canned
- 15.5 oz cannellini beans rinsed canned
- 1 onion chopped

Equipment

- sauce pan

Directions

- Cook and stir bacon and onions in medium saucepan on medium heat until bacon is crisp, stirring frequently; drain.
- Return bacon mixture to saucepan.
- Add remaining ingredients; mix well. Cook 5 min. or until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:7.55, Glycemic Load:4.85, Inflammation Score:-4, Nutrition Score:8.7839130538961%

Flavonoids

Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 225.29kcal (11.26%), Fat: 7.43g (11.43%), Saturated Fat: 2.49g (15.57%), Carbohydrates: 32.03g (10.68%), Net Carbohydrates: 25.5g (9.27%), Sugar: 7.12g (7.91%), Cholesterol: 14.34mg (4.78%), Sodium: 659.61mg (28.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.09g (18.18%), Fiber: 6.53g (26.12%), Manganese: 0.49mg (24.4%), Folate: 63.94µg (15.98%), Phosphorus: 156.89mg (15.69%), Magnesium: 53.25mg (13.31%), Potassium: 446.63mg (12.76%), Copper: 0.25mg (12.74%), Selenium: 8.87µg (12.68%), Iron: 2.25mg (12.53%), Zinc: 1.48mg (9.84%), Vitamin B1: 0.14mg (9.63%), Vitamin B6: 0.17mg (8.28%), Calcium: 62.82mg (6.28%), Vitamin B3: 1.25mg (6.23%), Vitamin B2: 0.08mg (4.57%), Vitamin B5: 0.36mg (3.58%), Vitamin C: 2.25mg (2.72%), Vitamin E: 0.23mg (1.55%), Vitamin B12: 0.08µg (1.31%), Vitamin A: 51.73IU (1.03%)