



BUSH'S® Country Style Barbecued Onions

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



341 kcal

SIDE DISH

Ingredients

- ☐ 2 strips bacon cut into 8 pieces
- ☐ 28 ounce bush's® baked beans country style canned
- ☐ 0.5 cup barbecue sauce sweet red
- ☐ 8 servings pepper black freshly ground to taste
- ☐ 4 tablespoons butter cut into 8 pieces
- ☐ 0.3 cup brown sugar dark
- ☐ 8 medium vidalia onions sweet

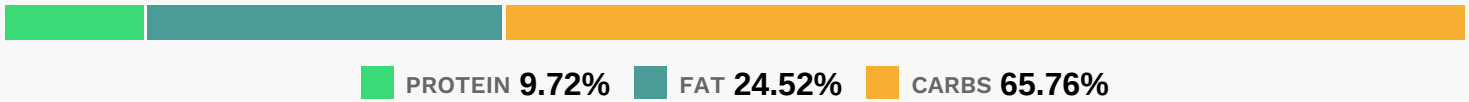
Equipment

- ☐ mixing bowl
- ☐ grill

Directions

- ☐ Cut off onion stems and peel. Hollow out onions leaving base intact. Finely chop pieces removed from onions. In mixing bowl, combine BUSH'S Country Style
- ☐ Baked Beans, onions, brown sugar and barbecue sauce. Spoon baked beans mixture into onions. Top each onion with piece of butter, ground pepper and piece of bacon. Arrange onions on grill grate away from fire. Grill onions 40–60 minutes or until golden brown and tender.

Nutrition Facts



Properties

Glycemic Index:15.58, Glycemic Load:6.15, Inflammation Score:-9, Nutrition Score:13.852174031994%

Flavonoids

Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg Myricetin: 3.77mg, Myricetin: 3.77mg, Myricetin: 3.77mg Quercetin: 48.06mg, Quercetin: 48.06mg, Quercetin: 48.06mg, Quercetin: 48.06mg

Nutrients (% of daily need)

Calories: 341.34kcal (17.07%), Fat: 9.78g (15.04%), Saturated Fat: 4.93g (30.83%), Carbohydrates: 59g (19.67%), Net Carbohydrates: 50.38g (18.32%), Sugar: 29.22g (32.47%), Cholesterol: 25.63mg (8.54%), Sodium: 704.74mg (30.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.72g (17.43%), Fiber: 8.62g (34.49%), Manganese: 0.65mg (32.5%), Folate: 112.5µg (28.13%), Vitamin B6: 0.53mg (26.26%), Potassium: 765mg (21.86%), Vitamin C: 17.98mg (21.79%), Phosphorus: 210.14mg (21.01%), Copper: 0.42mg (20.92%), Magnesium: 67.44mg (16.86%), Iron: 2.74mg (15.25%), Vitamin B1: 0.21mg (13.87%), Calcium: 132.79mg (13.28%), Zinc: 1.98mg (13.23%), Selenium: 7.81µg (11.16%), Vitamin B2: 0.12mg (7.11%), Vitamin B3: 1.22mg (6.12%), Vitamin B5: 0.5mg (5.02%), Vitamin A: 220.86IU (4.42%), Vitamin E: 0.4mg (2.64%), Vitamin K: 1.97µg (1.87%)