



Butch's Baked Beans



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



135 kcal

SIDE DISH

Ingredients

- ☐ 28 ounce baked beans canned recommended: Bush's Baked Beans
- ☐ 2 tablespoons brown sugar
- ☐ 0.3 cup catsup
- ☐ 0.3 small onion diced
- ☐ 0.5 cup pulled pork shoulder meat chopped
- ☐ 2 tablespoons spicy mustard

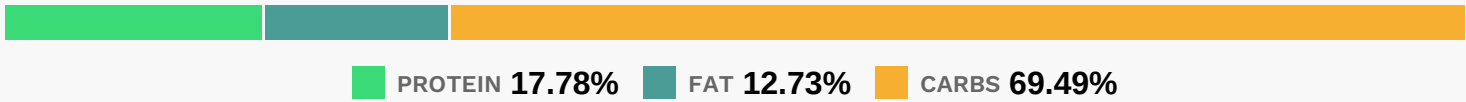
Equipment

- ☐ sauce pan

Directions

- ☐ Put the beans and onions in a saucepan and heat over medium-high heat until it bubbles.
- ☐ Add ketchup, mustard, and brown sugar.
- ☐ Heat another 5 minutes. When ready to serve, sprinkle the pork meat across the top.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:12.71, Glycemic Load:6.19, Inflammation Score:-3, Nutrition Score:7.0152173677216%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 135.21kcal (6.76%), Fat: 2.06g (3.16%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 25.24g (8.41%), Net Carbohydrates: 19.56g (7.11%), Sugar: 4.65g (5.17%), Cholesterol: 10.52mg (3.51%), Sodium: 525.04mg (22.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.46g (12.92%), Fiber: 5.68g (22.71%), Manganese: 0.39mg (19.33%), Phosphorus: 124.7mg (12.47%), Copper: 0.23mg (11.5%), Zinc: 1.66mg (11.05%), Selenium: 7.61µg (10.87%), Iron: 1.86mg (10.35%), Potassium: 358.68mg (10.25%), Magnesium: 38.12mg (9.53%), Folate: 37.37µg (9.34%), Vitamin B1: 0.11mg (7.25%), Calcium: 59.82mg (5.98%), Vitamin B6: 0.1mg (5.2%), Vitamin B2: 0.07mg (4.12%), Vitamin B3: 0.81mg (4.03%), Vitamin C: 2.51mg (3.04%), Vitamin B5: 0.16mg (1.65%)