



Calico Bean Casserole



Gluten Free



Dairy Free



Popular

READY IN



50 min.

SERVINGS



6

CALORIES



512 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 ounces bacon chopped
- ☐ 16 ounce baked beans with pork canned
- ☐ 0.8 cup brown sugar packed
- ☐ 15 ounce shell beans undrained canned
- ☐ 15 ounce kidney beans undrained canned
- ☐ 1 tablespoon mustard dry
- ☐ 6 servings ground pepper black to taste
- ☐ 0.5 cup catsup

- ☐ 1 pound ground beef lean
- ☐ 0.5 cup onion chopped
- ☐ 6 servings salt to taste
- ☐ 2 teaspoons vinegar white

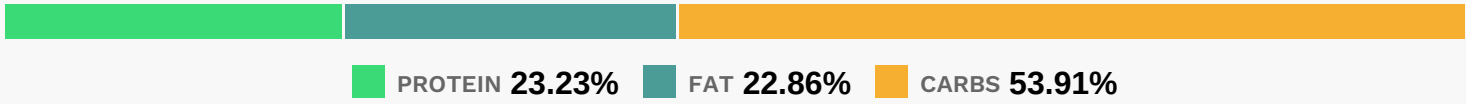
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large skillet over medium heat, fry the ground beef, bacon and onion together until ground beef is no longer pink.
- ☐ Drain fat.
- ☐ In a large mixing bowl, combine the kidney beans, baked beans with pork and butter beans. Stir in the ketchup, white vinegar, dry mustard, brown sugar and cook beef mixture.
- ☐ Mix thoroughly, adding salt and pepper to taste.
- ☐ Pour the bean and meat mixture into a 9x13 inch baking dish.
- ☐ Bake in preheated oven for 30 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:39.94, Glycemic Load:11.05, Inflammation Score:-6, Nutrition Score:22.001304305118%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 512.43kcal (25.62%), Fat: 13.29g (20.44%), Saturated Fat: 4.78g (29.87%), Carbohydrates: 70.53g (23.51%), Net Carbohydrates: 58.76g (21.37%), Sugar: 32.89g (36.55%), Cholesterol: 64.64mg (21.55%), Sodium: 1291.19mg (56.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.39g (60.78%), Fiber: 11.77g (47.08%), Manganese: 0.84mg (42.17%), Zinc: 6.21mg (41.42%), Phosphorus: 406.17mg (40.62%), Selenium: 27.45µg (39.22%), Iron: 5.74mg (31.91%), Vitamin B3: 6.17mg (30.87%), Vitamin B12: 1.79µg (29.8%), Vitamin B6: 0.58mg (29%), Potassium: 995.04mg (28.43%), Magnesium: 104.42mg (26.11%), Copper: 0.5mg (25.23%), Folate: 91.37µg (22.84%), Vitamin B1: 0.26mg (17.01%), Vitamin B2: 0.28mg (16.32%), Calcium: 115.91mg (11.59%), Vitamin B5: 1.01mg (10.14%), Vitamin C: 3.97mg (4.81%), Vitamin E: 0.66mg (4.41%), Vitamin K: 4.01µg (3.82%), Vitamin A: 110.77IU (2.22%), Vitamin D: 0.15µg (1.01%)