



Cola Beans

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

READY IN



615 min.

SERVINGS



24

CALORIES



220 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 pound bacon
- 112 ounce baked beans drained canned
- 1 cup brown sugar
- 12 fluid ounce coca-cola canned

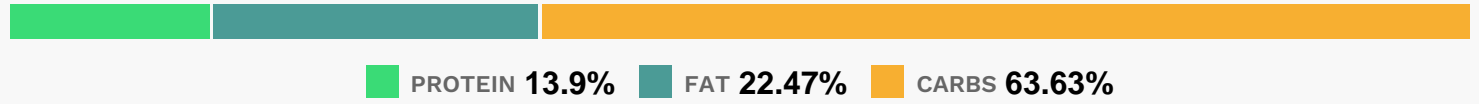
Equipment

- slow cooker

Directions

- In a slow cooker, alternately layer the baked beans, bacon, and brown sugar.
- Pour in some of the cola with each layer, until all has been used.
- Cover, and cook 8 to 10 hours on Low or 4 to 6 hours on High.

Nutrition Facts



Properties

Glycemic Index:4.4, Glycemic Load:9.07, Inflammation Score:-3, Nutrition Score:8.4117391384814%

Nutrients (% of daily need)

Calories: 219.95kcal (11%), Fat: 5.8g (8.93%), Saturated Fat: 2.05g (12.81%), Carbohydrates: 36.97g (12.32%), Net Carbohydrates: 29.7g (10.8%), Sugar: 10.22g (11.35%), Cholesterol: 15.5mg (5.17%), Sodium: 613.43mg (26.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.08g (16.16%), Fiber: 7.28g (29.11%), Manganese: 0.48mg (24.24%), Phosphorus: 158.33mg (15.83%), Copper: 0.29mg (14.64%), Zinc: 2.05mg (13.66%), Iron: 2.37mg (13.16%), Potassium: 440mg (12.57%), Folate: 47.72µg (11.93%), Selenium: 8.24µg (11.77%), Magnesium: 46.94mg (11.74%), Calcium: 78.49mg (7.85%), Vitamin B1: 0.1mg (6.41%), Vitamin B6: 0.11mg (5.68%), Vitamin B3: 0.98mg (4.91%), Vitamin B2: 0.06mg (3.41%), Vitamin C: 2.65mg (3.21%), Vitamin B5: 0.2mg (1.97%)