



Dinner Tonight: Hickory House Baked Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



522 kcal

SIDE DISH

Ingredients



1 cup barbecue sauce



2 tablespoons brown sugar



0.3 pound ham



30 ounce pinto beans cooked drained canned



0.5 cup water



1 tablespoon worcestershire sauce

Equipment



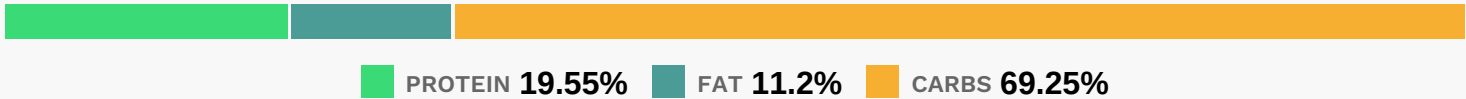
oven

☐ baking pan

Directions

- ☐ Preheat the oven to 375°F. Dump the beans into an 8-inch by 8-inch baking dish.
- ☐ Add the barbecue sauce, brown sugar, water and ham chunk (if using) and stir until it is mixed together.
- ☐ Drizzle on the Worcestershire sauce.
- ☐ Place the baking dish in the oven and cook for 45 to 60 minutes. It should be bubbling in the middle and slightly crispy around the edges.
- ☐ Remove from the oven, and let rest for a few minutes before digging in.

Nutrition Facts



Properties

Glycemic Index:5.88, Glycemic Load:8.6, Inflammation Score:-8, Nutrition Score:25.711304431376%

Nutrients (% of daily need)

Calories: 521.99kcal (26.1%), Fat: 6.59g (10.13%), Saturated Fat: 2.02g (12.6%), Carbohydrates: 91.62g (30.54%), Net Carbohydrates: 71.84g (26.13%), Sugar: 30.71g (34.12%), Cholesterol: 17.58mg (5.86%), Sodium: 1133.49mg (49.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.87g (51.73%), Folate: 368.39µg (92.1%), Fiber: 19.78g (79.12%), Manganese: 1.06mg (53.05%), Vitamin B1: 0.6mg (40.01%), Phosphorus: 390.31mg (39.03%), Potassium: 1215.97mg (34.74%), Vitamin B6: 0.65mg (32.54%), Magnesium: 122.38mg (30.6%), Iron: 5.42mg (30.09%), Selenium: 20.64µg (29.49%), Copper: 0.56mg (27.84%), Zinc: 2.88mg (19.17%), Vitamin E: 2.68mg (17.84%), Vitamin B2: 0.24mg (14.12%), Calcium: 133.8mg (13.38%), Vitamin B3: 2.4mg (12.02%), Vitamin K: 8.77µg (8.35%), Vitamin B5: 0.7mg (7.01%), Vitamin A: 163.52IU (3.27%), Vitamin C: 2.68mg (3.25%), Vitamin B12: 0.18µg (3.02%), Vitamin D: 0.2µg (1.32%)