



Easy Baked Beans

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



280 kcal

SIDE DISH

Ingredients

- 4 slices bacon
- 0.3 cup firmly brown sugar packed
- 0.5 teaspoon mustard dry
- 0.3 cup catsup
- 1 small onion diced
- 28 ounce pork and beans canned
- 0.3 cup sorghum syrup
- 1 teaspoon worcestershire sauce

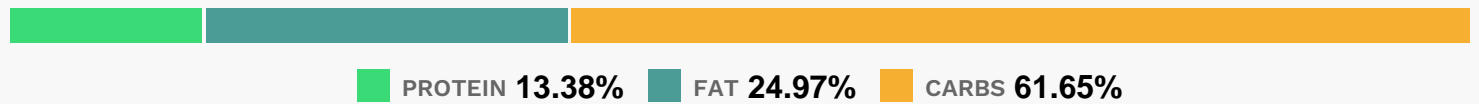
Equipment

- frying pan
- oven
- baking pan

Directions

- Cook bacon in a large skillet over medium-high heat 3 to 4 minutes.
- Stir together beans and next 6 ingredients in a lightly greased 1-quart baking dish. Top with bacon slices.
- Bake, uncovered, at 350 for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:11.61, Glycemic Load:8.42, Inflammation Score:-4, Nutrition Score:9.9591303636198%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 279.73kcal (13.99%), Fat: 8.22g (12.64%), Saturated Fat: 2.79g (17.43%), Carbohydrates: 45.67g (15.22%), Net Carbohydrates: 37.64g (13.69%), Sugar: 11.63g (12.92%), Cholesterol: 18.94mg (6.31%), Sodium: 752.04mg (32.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.91g (19.82%), Fiber: 8.03g (32.12%), Manganese: 0.51mg (25.71%), Phosphorus: 195.29mg (19.53%), Iron: 2.85mg (15.86%), Copper: 0.31mg (15.55%), Potassium: 532.4mg (15.21%), Zinc: 2.16mg (14.37%), Selenium: 9.76µg (13.94%), Folate: 51.19µg (12.8%), Magnesium: 50.78mg (12.69%), Vitamin B1: 0.14mg (9.2%), Calcium: 86.4mg (8.64%), Vitamin B3: 1.6mg (7.98%), Vitamin B6: 0.16mg (7.9%), Vitamin B2: 0.09mg (5.59%), Vitamin C: 4.06mg (4.92%), Vitamin B5: 0.25mg (2.46%), Vitamin E: 0.22mg (1.47%), Vitamin B12: 0.07µg (1.22%), Vitamin A: 57.8IU (1.16%)