



WHATSheATE

Easy Baked Beans



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



10

CALORIES



440 kcal

SIDE DISH

Ingredients

- ☐ 1 pound bacon
- ☐ 0.5 cup blackstrap molasses dark
- ☐ 0.3 cup brown sugar light packed
- ☐ 56 ounce pork and beans canned
- ☐ 1 large onion sweet such as vidalia, finely chopped
- ☐ 2 tablespoons mustard yellow prepared

Equipment

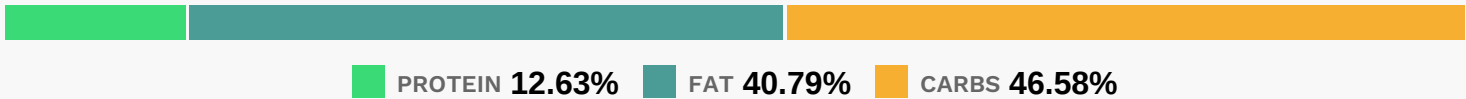
- ☐ frying pan

- ☐ paper towels
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Fry the bacon in a large skillet over medium-high heat until crisp.
- ☐ Remove the bacon from the pan, leaving the drippings, and drain it on paper towels. Crumble and set aside.
- ☐ Add the onion to the pan with the bacon drippings and saute until softened, a couple minutes. Stir in the beans, molasses, brown sugar, mustard and crumbled bacon, and mix well.
- ☐ Pour the beans into a 3-quart casserole and bake, uncovered, for about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:11.87, Glycemic Load:15.36, Inflammation Score:-6, Nutrition Score:15.420869573951%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

Nutrients (% of daily need)

Calories: 439.62kcal (21.98%), Fat: 20.61g (31.71%), Saturated Fat: 6.99g (43.7%), Carbohydrates: 52.96g (17.65%), Net Carbohydrates: 43.8g (15.93%), Sugar: 19.63g (21.81%), Cholesterol: 41.05mg (13.68%), Sodium: 1000.96mg (43.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.36g (28.73%), Manganese: 0.88mg (43.85%), Fiber: 9.16g (36.63%), Selenium: 20.83µg (29.76%), Magnesium: 105.11mg (26.28%), Phosphorus: 254.4mg (25.44%), Potassium: 877.59mg (25.07%), Copper: 0.47mg (23.29%), Iron: 3.85mg (21.41%), Zinc: 2.97mg (19.77%), Vitamin B6: 0.38mg (19.13%), Folate: 65.03µg (16.26%), Vitamin B1: 0.24mg (15.7%), Vitamin B3: 2.76mg (13.79%), Calcium: 134.03mg (13.4%), Vitamin B2: 0.11mg (6.24%), Vitamin B5: 0.59mg (5.95%), Vitamin C: 4.78mg (5.79%), Vitamin B12: 0.23µg (3.78%), Vitamin E: 0.21mg (1.41%), Vitamin D: 0.18µg (1.21%)