



Easy Slow Cooker Baked Beans



Gluten Free



Dairy Free

READY IN



390 min.

SERVINGS



32

CALORIES



210 kcal

SIDE DISH

Ingredients

- ☐ 1 pound bacon diced
- ☐ 0.8 cup brown sugar
- ☐ 15 ounce kidney beans canned
- ☐ 1 pound ground beef
- ☐ 0.8 cup catsup
- ☐ 1 teaspoon liquid smoke flavoring
- ☐ 0.3 cup onion diced
- ☐ 58 ounce pork and beans canned

- ☐ 3 tablespoons vinegar
- ☐ 1 cup sugar white

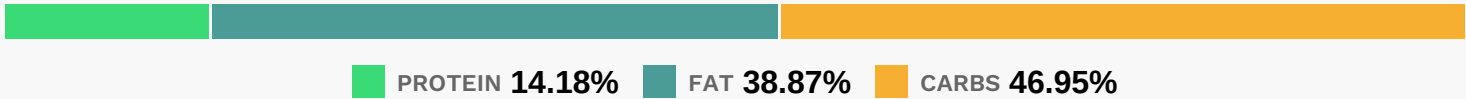
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat a large skillet over medium-high heat. Cook and stir beef and onion in the hot skillet until browned and crumbly, 5 to 7 minutes; pour into a slow cooker.
- ☐ Cook and stir bacon in a large skillet over medium-high heat until evenly browned, about 10 minutes; add to beef.
- ☐ Stir pork and beans, kidney beans, white sugar, ketchup, brown sugar, vinegar, and liquid smoke into the beef mixture.
- ☐ Cook on Low for 6 to 8 hours.

Nutrition Facts



Properties

Glycemic Index:7.55, Glycemic Load:8.22, Inflammation Score:-2, Nutrition Score:6.0121738897718%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 210.45kcal (10.52%), Fat: 9.33g (14.36%), Saturated Fat: 3.29g (20.57%), Carbohydrates: 25.37g (8.46%), Net Carbohydrates: 21.8g (7.93%), Sugar: 12.74g (14.15%), Cholesterol: 23.02mg (7.67%), Sodium: 403.03mg (17.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.66g (15.32%), Fiber: 3.57g (14.27%), Manganese: 0.24mg (11.93%), Phosphorus: 114.48mg (11.45%), Selenium: 7.69µg (10.98%), Zinc: 1.61mg (10.71%), Potassium: 284.31mg (8.12%), Iron: 1.44mg (7.97%), Vitamin B3: 1.55mg (7.76%), Copper: 0.15mg (7.64%), Vitamin B6: 0.14mg (6.98%), Magnesium: 26.9mg (6.73%), Vitamin B12: 0.37µg (6.24%), Folate: 23.74µg (5.94%), Vitamin B1: 0.09mg

(5.85%), Vitamin B2: 0.07mg (4.22%), Calcium: 39.91mg (3.99%), Vitamin B5: 0.23mg (2.29%), Vitamin C: 1.46mg (1.77%), Vitamin E: 0.2mg (1.36%)