



Easy Spicy Baked Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



490 kcal

SIDE DISH

Ingredients

- ☐ 4 bacon uncooked cooked
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 cups brown sugar
- ☐ 15 ounce butter beans canned
- ☐ 19 ounce kidney beans canned
- ☐ 15 ounce navy beans canned
- ☐ 0.3 teaspoon ground pepper
- ☐ 1 teaspoon chili powder

- ☐ 0.5 teaspoon cumin
- ☐ 0.5 teaspoon sea salt
- ☐ 3 cups catsup
- ☐ 0.3 teaspoon ground mustard
- ☐ 1 cup onion diced (1 medium)
- ☐ 0.5 teaspoon paprika
- ☐ 28 ounce baked beans canned
- ☐ 0.8 cup bell pepper diced green red
- ☐ 2 teaspoons salt
- ☐ 0.5 cup sorghum syrup
- ☐ 2 tablespoons mustard yellow

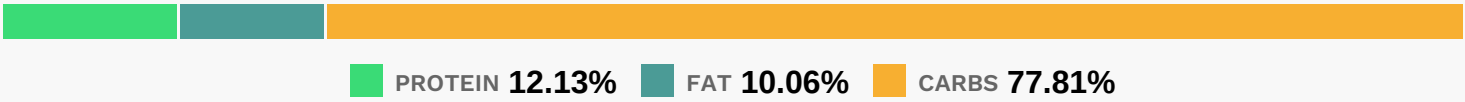
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Preheat the oven to 350°F. In a large bowl, mix the mustard, ketchup, onion, bell pepper, brown sugar, sorghum or honey, beans, paprika, salt, mustard, chili powder, cumin, black pepper, garlic, and cayenne, stirring gently with clean hands or a large spatula just enough to evenly distribute the mixture without overmixing the beans into a mushy consistency.
- ☐ Pour bean mixture into a 9-inch by 12- inch pan.
- ☐ Lay bacon strips, or sprinkle rib or pulled pork meat across the top. Cover with foil, and bake for 45 minutes.
- ☐ Remove foil, and bake until bubble, about 15 minutes longer.
- ☐ Serve, keep in refrigerator for up to 1 week, or freeze for 1 month.

Nutrition Facts



Properties

Glycemic Index:31.07, Glycemic Load:9.63, Inflammation Score:-8, Nutrition Score:19.184348126468%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 490.29kcal (24.51%), Fat: 5.81g (8.93%), Saturated Fat: 1.84g (11.48%), Carbohydrates: 101.01g (33.67%), Net Carbohydrates: 87.95g (31.98%), Sugar: 49.69g (55.21%), Cholesterol: 11.36mg (3.79%), Sodium: 2023.85mg (87.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.74g (31.48%), Fiber: 13.06g (52.24%), Manganese: 0.92mg (46.11%), Phosphorus: 305.08mg (30.51%), Potassium: 962.58mg (27.5%), Iron: 4.81mg (26.7%), Folate: 105.75µg (26.44%), Copper: 0.51mg (25.61%), Vitamin C: 20.82mg (25.24%), Magnesium: 98.89mg (24.72%), Vitamin B6: 0.39mg (19.59%), Selenium: 12.69µg (18.12%), Vitamin B1: 0.26mg (17.29%), Vitamin A: 856.15IU (17.12%), Zinc: 2.44mg (16.24%), Vitamin B2: 0.26mg (15.56%), Vitamin B3: 2.83mg (14.16%), Calcium: 137.15mg (13.72%), Vitamin E: 1.75mg (11.67%), Vitamin K: 6.76µg (6.44%), Vitamin B5: 0.53mg (5.3%)