



## Slow-Cooker Barbecued Beans and Polish Sausage

 Gluten Free  Dairy Free

READY IN



310 min.

SERVINGS



6

CALORIES



680 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 31 oz great northern beans rinsed drained canned
- 30 oz black beans rinsed drained canned
- 1 cup onion chopped
- 1 cup barbecue sauce
- 0.3 cup brown sugar packed
- 1 tablespoon ground mustard
- 1 tablespoon worcestershire sauce

- 2 teaspoons chili powder
- 1 lb kielbasa smoked fully cooked

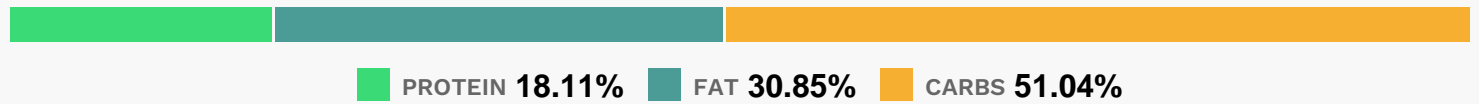
## Equipment

- slow cooker

## Directions

- Spray 3- to 4-quart slow cooker with cooking spray.
- Mix all ingredients except sausage in cooker.
- Place sausage ring on bean mixture.
- Cover; cook on Low heat setting 5 to 6 hours.

## Nutrition Facts



## Properties

Glycemic Index:9.17, Glycemic Load:0.9, Inflammation Score:-8, Nutrition Score:27.198260685672%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

## Nutrients (% of daily need)

Calories: 679.9kcal (33.99%), Fat: 23.54g (36.21%), Saturated Fat: 8.16g (51.02%), Carbohydrates: 87.63g (29.21%), Net Carbohydrates: 69.41g (25.24%), Sugar: 26.26g (29.18%), Cholesterol: 52.92mg (17.64%), Sodium: 1754.93mg (76.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.09g (62.18%), Fiber: 18.21g (72.86%), Manganese: 1.11mg (55.26%), Vitamin B1: 0.82mg (54.91%), Folate: 215.04µg (53.76%), Phosphorus: 486.1mg (48.61%), Iron: 6.88mg (38.23%), Potassium: 1335.86mg (38.17%), Magnesium: 150.26mg (37.57%), Selenium: 24.67µg (35.24%), Copper: 0.64mg (32.17%), Vitamin B2: 0.42mg (24.52%), Vitamin B6: 0.47mg (23.35%), Vitamin B3: 4.63mg (23.17%), Zinc: 3.41mg (22.74%), Calcium: 174.12mg (17.41%), Vitamin B12: 0.74µg (12.35%), Vitamin B5: 1.15mg (11.47%), Vitamin C: 9.2mg (11.15%), Vitamin A: 313.24IU (6.26%), Vitamin E: 0.7mg (4.68%), Vitamin K: 1.76µg (1.68%)