



Five-Bean Bake



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices bacon chopped
- ☐ 0.5 cup firmly brown sugar packed
- ☐ 19.8 ounce black beans rinsed drained canned
- ☐ 16 ounce chickpeas rinsed drained canned
- ☐ 15.5 ounce kidney beans rinsed drained canned
- ☐ 15.3 ounce lima beans *soaked overnight rinsed drained canned
- ☐ 0.3 cup cider vinegar
- ☐ 1 cup catsup

- ☐ 1 large onion diced
- ☐ 28 ounce pork and beans canned
- ☐ 0.5 cup water

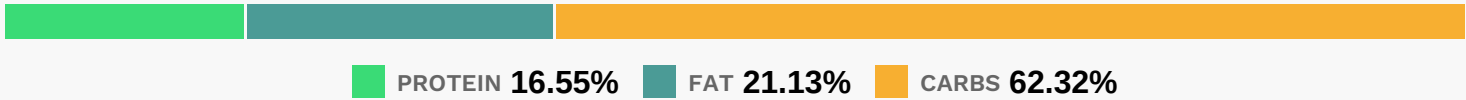
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook chopped bacon slices in a large skillet over medium-high heat until crisp; remove bacon, reserving 2 tablespoons drippings in skillet.
- ☐ Add diced onion, and saut in hot drippings 5 minutes or until tender.
- ☐ Combine bacon, onion, pork and beans, black beans, chickpeas, kidney beans, lima beans, ketchup, brown sugar, 1/2 cup water, and cider vinegar in a lightly greased 13- x 9-inch baking dish.
- ☐ Bake, covered, at 350 for 1 hour; uncover and bake 30 more minutes.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:13.32, Inflammation Score:-7, Nutrition Score:22.187826071097%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 489.3kcal (24.47%), Fat: 11.92g (18.33%), Saturated Fat: 3.76g (23.51%), Carbohydrates: 79.09g (26.36%), Net Carbohydrates: 60.39g (21.96%), Sugar: 21.57g (23.97%), Cholesterol: 21.47mg (7.16%), Sodium: 1582.81mg (68.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21g (42%), Fiber: 18.7g (74.78%), Manganese: 1.42mg

(71.24%), Phosphorus: 372.39mg (37.24%), Folate: 140.29µg (35.07%), Copper: 0.66mg (33.2%), Iron: 5.73mg (31.81%), Magnesium: 121.27mg (30.32%), Vitamin B6: 0.6mg (29.87%), Potassium: 1044.49mg (29.84%), Vitamin B1: 0.33mg (21.95%), Zinc: 3.26mg (21.74%), Selenium: 14.64µg (20.92%), Vitamin B2: 0.26mg (15.18%), Calcium: 146.5mg (14.65%), Vitamin B3: 2.71mg (13.57%), Vitamin C: 6.99mg (8.47%), Vitamin B5: 0.79mg (7.86%), Vitamin E: 0.55mg (3.65%), Vitamin A: 173.72IU (3.47%), Vitamin K: 3.23µg (3.07%), Vitamin B12: 0.11µg (1.83%)