



Five Bean Casserole



Gluten Free



Dairy Free

READY IN



160 min.

SERVINGS



12

CALORIES



314 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound bacon
- ☐ 28 ounce baked beans canned
- ☐ 0.5 cup brown sugar packed
- ☐ 15 ounce shell beans canned
- ☐ 15 ounce garbanzo beans drained canned
- ☐ 15 ounce kidney beans drained canned
- ☐ 15 ounce lima beans *soaked overnight drained canned
- ☐ 0.5 cup cider vinegar

- ☐ 0.5 teaspoon garlic powder
- ☐ 1 teaspoon ground mustard
- ☐ 2 cups onion chopped
- ☐ 1 teaspoon salt

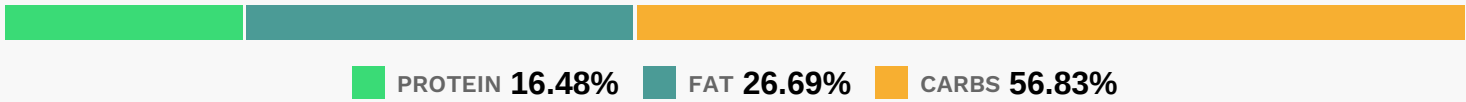
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown.
- ☐ Drain, crumble, and set aside.
- ☐ Saute onion in bacon fat; add the brown sugar, mustard, garlic powder, salt and vinegar. Cook covered on low heat 20 minutes.
- ☐ In a four quart baking dish, combine the bacon, onion mixture, butter beans, lima beans, kidney beans, garbanzo beans and baked beans.
- ☐ Mix well, and bake covered for 1 1/2 hours. Uncover and bake 30 to 45 minutes longer.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:10.32, Inflammation Score:-5, Nutrition Score:13.569565122542%

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

Nutrients (% of daily need)

Calories: 313.66kcal (15.68%), Fat: 9.55g (14.7%), Saturated Fat: 3.05g (19.06%), Carbohydrates: 45.78g (15.26%), Net Carbohydrates: 34.82g (12.66%), Sugar: 10.73g (11.92%), Cholesterol: 17.1mg (5.7%), Sodium: 1024.36mg (44.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.27g (26.55%), Manganese: 0.96mg (48.1%), Fiber: 10.96g (43.85%), Phosphorus: 227.81mg (22.78%), Folate: 82.81µg (20.7%), Copper: 0.4mg (20.07%), Iron: 3.53mg (19.6%), Vitamin B6: 0.39mg (19.58%), Magnesium: 77.31mg (19.33%), Potassium: 602.06mg (17.2%), Selenium: 11.83µg (16.89%), Zinc: 2.18mg (14.53%), Vitamin B1: 0.19mg (12.62%), Calcium: 88.67mg (8.87%), Vitamin B3: 1.51mg (7.56%), Vitamin B2: 0.1mg (5.97%), Vitamin B5: 0.55mg (5.54%), Vitamin C: 3.63mg (4.4%), Vitamin B12: 0.09µg (1.57%), Vitamin K: 1.57µg (1.49%)