



## Five-Bean Pot

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



10

CALORIES



326 kcal

SIDE DISH

### Ingredients

- 6 slices bacon
- 16 ounce baked beans undrained canned
- 0.5 cup brown sugar packed
- 16 ounce chickpeas undrained canned (garbanzo beans)
- 16 ounce kidney beans undrained canned
- 16 ounce lima beans \*soaked overnight undrained canned
- 16 ounce cannellini beans beans white undrained canned
- 0.5 cup cider vinegar

- 1 teaspoon mustard dry
- 1 garlic clove crushed
- 2 cups onion chopped

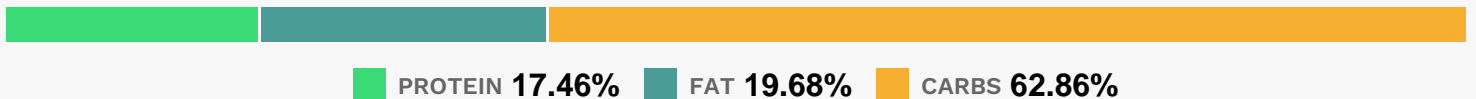
## Equipment

- bowl
- frying pan
- oven
- colander

## Directions

- Preheat oven to 35
- Drain beans in a colander over a bowl, reserving 1 cup liquid. Set the beans and liquid aside.
- Cook bacon in a large nonstick skillet over medium heat until crisp.
- Remove bacon from pan, reserving 3 tablespoons drippings in pan. Crumble bacon.
- Add onion to drippings in pan, and cook 10 minutes over medium heat or until golden brown, stirring frequently. Stir in bacon, sugar, and remaining ingredients; cook over medium-low heat until thick and bubbly (about 15 minutes), stirring occasionally.
- Combine beans, reserved bean liquid, and the onion mixture in a 3-quart casserole coated with cooking spray. Cover and bake at 350 45 minutes, stirring every 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:29.9, Glycemic Load:11.4, Inflammation Score:-6, Nutrition Score:15.221739083529%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg

## Nutrients (% of daily need)

Calories: 325.9kcal (16.29%), Fat: 7.3g (11.24%), Saturated Fat: 2.22g (13.89%), Carbohydrates: 52.51g (17.5%), Net Carbohydrates: 40.68g (14.79%), Sugar: 13.06g (14.51%), Cholesterol: 11.89mg (3.96%), Sodium: 677.1mg (29.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.59g (29.17%), Manganese: 1.15mg (57.72%), Fiber: 11.82g (47.3%), Folate: 98.15µg (24.54%), Phosphorus: 240mg (24%), Iron: 4.32mg (24%), Copper: 0.45mg (22.34%), Magnesium: 89.29mg (22.32%), Vitamin B6: 0.44mg (21.88%), Potassium: 728.02mg (20.8%), Zinc: 2.29mg (15.29%), Vitamin B1: 0.21mg (13.9%), Selenium: 9.72µg (13.89%), Calcium: 114.77mg (11.48%), Vitamin B2: 0.11mg (6.28%), Vitamin B3: 1.25mg (6.24%), Vitamin B5: 0.57mg (5.72%), Vitamin C: 3.79mg (4.6%), Vitamin K: 3.32µg (3.16%), Vitamin E: 0.44mg (2.94%), Vitamin B12: 0.07µg (1.1%)