



Frolickers Baked Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



367 kcal

SIDE DISH

Ingredients

- ☐ 10 slices bacon
- ☐ 112 ounce baked beans canned
- ☐ 0.5 cup firmly brown sugar packed
- ☐ 5 bell peppers green cut into 1-inch pieces
- ☐ 2 cups catsup
- ☐ 2 tablespoons mustard prepared
- ☐ 3 large onions chopped
- ☐ 1 tablespoon vinegar white

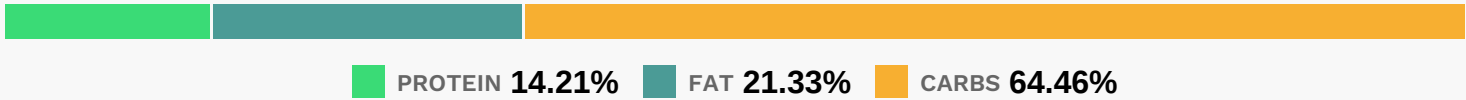
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Cook bacon in a large skillet until crisp; reserve 2 tablespoons drippings. Crumble bacon.
- ☐ Stir together bacon, bacon drippings, beans, and next 5 ingredients in a roasting pan.
- ☐ Bake, covered, at 350 for 3 hours. Stir in vinegar.

Nutrition Facts



Properties

Glycemic Index:10.78, Glycemic Load:13.83, Inflammation Score:-7, Nutrition Score:18.265652133071%

Flavonoids

Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg

Nutrients (% of daily need)

Calories: 367.07kcal (18.35%), Fat: 9.3g (14.31%), Saturated Fat: 3.26g (20.39%), Carbohydrates: 63.21g (21.07%), Net Carbohydrates: 50.2g (18.26%), Sugar: 16.18g (17.98%), Cholesterol: 24.5mg (8.17%), Sodium: 1290.14mg (56.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.93g (27.87%), Fiber: 13.01g (52.03%), Vitamin C: 39.67mg (48.08%), Manganese: 0.9mg (44.91%), Phosphorus: 277.18mg (27.72%), Copper: 0.53mg (26.57%), Potassium: 899.03mg (25.69%), Zinc: 3.44mg (22.9%), Iron: 4.05mg (22.51%), Folate: 88.96µg (22.24%), Magnesium: 86.49mg (21.62%), Selenium: 14.04µg (20.06%), Vitamin B6: 0.35mg (17.71%), Calcium: 136mg (13.6%), Vitamin B1: 0.2mg (13.09%), Vitamin B3: 2.24mg (11.19%), Vitamin B2: 0.17mg (9.76%), Vitamin A: 318.37IU (6.37%), Vitamin E: 0.69mg (4.6%), Vitamin B5: 0.4mg (4%), Vitamin K: 4.05µg (3.85%), Vitamin B12: 0.07µg (1.22%)