



Grandma Dumeney's Baked Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



813 kcal

SIDE DISH

Ingredients

- ☐ 8 servings bacon crumbled cooked
- ☐ 1 cup brown sugar packed
- ☐ 1 cup catsup
- ☐ 1 pound bacon crumbled cooked
- ☐ 1 onion diced
- ☐ 84 oz baked beans canned

Equipment

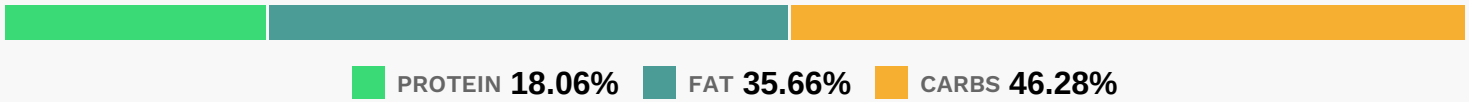
- ☐ bowl

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Combine all ingredients except garnish in a large bowl and mix well.
- ☐ Transfer to a lightly greased 4-quart casserole dish with a lid.
- ☐ Bake, covered, at 400 degrees for one hour. Reduce temperature to 350 degrees; uncover dish and bake for an additional hour.
- ☐ Garnish with bacon.

Nutrition Facts



Properties

Glycemic Index:8.71, Glycemic Load:18.69, Inflammation Score:-7, Nutrition Score:28.677825790385%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 812.92kcal (40.65%), Fat: 33.29g (51.22%), Saturated Fat: 11.52g (72.01%), Carbohydrates: 97.23g (32.41%), Net Carbohydrates: 80.54g (29.29%), Sugar: 33.65g (37.39%), Cholesterol: 91.49mg (30.5%), Sodium: 2610.89mg (113.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.94g (75.89%), Selenium: 47.77µg (68.24%), Fiber: 16.7g (66.78%), Phosphorus: 586.04mg (58.6%), Manganese: 1.15mg (57.73%), Vitamin B3: 8.64mg (43.22%), Zinc: 6.42mg (42.82%), Potassium: 1387.24mg (39.64%), Copper: 0.75mg (37.63%), Vitamin B1: 0.55mg (36.37%), Iron: 6.02mg (33.44%), Magnesium: 129.17mg (32.29%), Vitamin B6: 0.63mg (31.38%), Folate: 112.75µg (28.19%), Calcium: 195.59mg (19.56%), Vitamin B2: 0.32mg (18.59%), Vitamin B12: 0.73µg (12.13%), Vitamin B5: 1.12mg (11.2%), Vitamin C: 8.2mg (9.94%), Vitamin E: 0.77mg (5.16%), Vitamin A: 183.29IU (3.67%), Vitamin D: 0.31µg (2.1%)