



Grandma Gwen's Beans



Gluten Free



Dairy Free

READY IN



125 min.

SERVINGS



10

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 1 lb bacon
- ☐ 28 oz baked beans canned
- ☐ 0.5 cup brown sugar light packed
- ☐ 32 oz butter beans drained and rinsed canned
- ☐ 16 oz kidney beans drained and rinsed canned
- ☐ 15 oz lima beans drained and rinsed canned
- ☐ 1 teaspoon ground mustard dry

- ☐ 0.5 teaspoon garlic powder
- ☐ 1 teaspoon salt
- ☐ 4 medium size onion yellow sliced

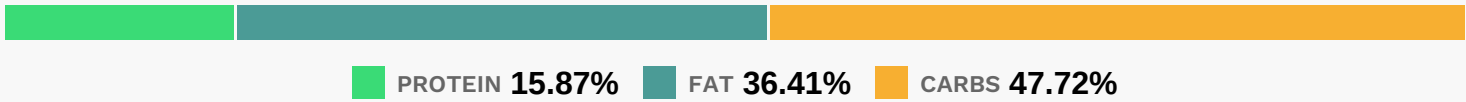
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Cook bacon, in batches, in a large skillet over medium-high heat 8 to 10 minutes or until crisp.
- ☐ Remove bacon, and drain on paper towels, reserving desired amount of drippings in skillet. (We reserved about 3 Tbsp.) Crumble bacon.
- ☐ Saut onions in hot drippings over medium heat 8 to 10 minutes or until onions are tender.
- ☐ Add brown sugar and next 4 ingredients. Cover and cook 20 minutes.
- ☐ Combine butter beans, next 3 ingredients, bacon, and onion mixture in a 13- x 9-inch baking dish.
- ☐ Bake at 350 for 1 hour.

Nutrition Facts



Properties

Glycemic Index:23.87, Glycemic Load:12.96, Inflammation Score:-6, Nutrition Score:18.03565209197%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin:

8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg

Nutrients (% of daily need)

Calories: 478.71kcal (23.94%), Fat: 19.74g (30.37%), Saturated Fat: 6.61g (41.34%), Carbohydrates: 58.22g (19.41%), Net Carbohydrates: 44.27g (16.1%), Sugar: 13.44g (14.93%), Cholesterol: 35.49mg (11.83%), Sodium: 1430.82mg (62.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.35g (38.71%), Fiber: 13.95g (55.81%), Manganese: 1.01mg (50.39%), Phosphorus: 314.16mg (31.42%), Folate: 115.86µg (28.96%), Selenium: 20.16µg (28.8%), Iron: 4.74mg (26.32%), Magnesium: 104.85mg (26.21%), Copper: 0.52mg (26.09%), Potassium: 837.07mg (23.92%), Vitamin B1: 0.31mg (20.74%), Zinc: 2.94mg (19.61%), Vitamin B6: 0.39mg (19.48%), Vitamin B3: 2.82mg (14.12%), Calcium: 106.35mg (10.64%), Vitamin B2: 0.16mg (9.13%), Vitamin B5: 0.81mg (8.07%), Vitamin C: 5.22mg (6.33%), Vitamin B12: 0.23µg (3.78%), Vitamin K: 2.05µg (1.95%), Vitamin E: 0.22mg (1.49%), Vitamin D: 0.18µg (1.21%)