



Grandma's Pork and Bean Sandwiches

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices bacon cut in half
- ☐ 15 ounce baked beans with pork canned
- ☐ 4 slices processed cheese
- ☐ 4 slices bread white

Equipment

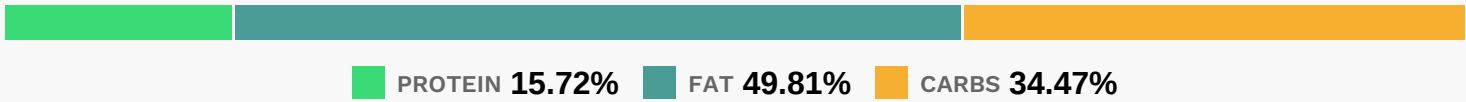
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

☐ broiler

Directions

- ☐ Preheat the oven's broiler.
- ☐ Place bread slices on a broiling pan that has been lined with aluminum foil. Spoon about 1/2 cup of beans onto each piece of bread. Cover each pile of beans with a slice of cheese.
- ☐ Place three half-slices of bacon onto each sandwich so that they are not hanging over the edge.
- ☐ Broil for 5 minutes in the preheated oven, or until the bacon is cooked and cheese is melted. Watch them carefully! I suggest leaving the oven door cracked near the 5 minute mark to allow some of the oven heat to escape.

Nutrition Facts



Properties

Glycemic Index:36.11, Glycemic Load:15.55, Inflammation Score:-5, Nutrition Score:13.849130477594%

Nutrients (% of daily need)

Calories: 395.71kcal (19.79%), Fat: 22.32g (34.34%), Saturated Fat: 9.02g (56.39%), Carbohydrates: 34.75g (11.58%), Net Carbohydrates: 28.33g (10.3%), Sugar: 1.81g (2.01%), Cholesterol: 50.22mg (16.74%), Sodium: 1128.75mg (49.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.85g (31.69%), Calcium: 330.19mg (33.02%), Phosphorus: 325.2mg (32.52%), Selenium: 21.67µg (30.96%), Manganese: 0.54mg (27.2%), Fiber: 6.42g (25.69%), Vitamin B1: 0.28mg (18.49%), Zinc: 2.68mg (17.9%), Folate: 67.7µg (16.93%), Iron: 2.91mg (16.19%), Vitamin B3: 3.01mg (15.04%), Copper: 0.28mg (14.15%), Magnesium: 52.32mg (13.08%), Potassium: 450.81mg (12.88%), Vitamin B2: 0.18mg (10.37%), Vitamin B6: 0.19mg (9.51%), Vitamin B12: 0.48µg (8%), Vitamin B5: 0.51mg (5.08%), Vitamin A: 210.91IU (4.22%), Vitamin C: 2.13mg (2.58%), Vitamin E: 0.36mg (2.43%), Vitamin D: 0.26µg (1.72%)