



Ham and Three-Bean Bake

READY IN



35 min.

SERVINGS



8

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups finely-chopped ham diced cooked
- ☐ 1 cup barbecue sauce
- ☐ 0.5 cup onion chopped
- ☐ 15 oz great northern beans rinsed drained canned
- ☐ 15 oz kidney beans dark red rinsed drained canned
- ☐ 15 oz black beans rinsed drained canned
- ☐ 6.5 oz just-add-water cornbread mix
- ☐ 0.7 cup milk
- ☐ 0.3 cup butter melted

☐ 2 eggs

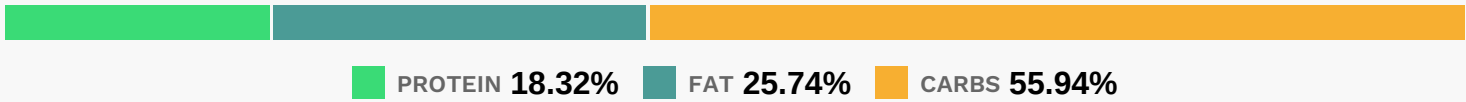
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ toothpicks
- ☐ glass baking pan

Directions

- ☐ Heat oven to 400°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ In 3-quart saucepan, heat ham, barbecue sauce, onion and beans over medium-high heat, stirring occasionally, until thoroughly heated.
- ☐ Pour into baking dish.
- ☐ In large bowl, stir 2 pouches muffin mix, milk, butter and eggs just until moistened (batter will be lumpy).
- ☐ Spread over ham and bean mixture to edges of dish.
- ☐ Bake uncovered about 20 minutes or until toothpick inserted in center comes out clean and cornbread is golden brown.

Nutrition Facts



Properties

Glycemic Index:12.04, Glycemic Load:3.13, Inflammation Score:-7, Nutrition Score:19.907391216444%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 459.27kcal (22.96%), Fat: 13.23g (20.36%), Saturated Fat: 3.26g (20.39%), Carbohydrates: 64.72g (21.57%), Net Carbohydrates: 52.52g (19.1%), Sugar: 18.17g (20.19%), Cholesterol: 64.44mg (21.48%), Sodium: 1180.65mg (51.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.19g (42.37%), Fiber: 12.19g (48.78%), Phosphorus: 454.3mg (45.43%), Folate: 174.71µg (43.68%), Manganese: 0.74mg (37.1%), Vitamin B1: 0.51mg (34.19%), Iron: 4.67mg (25.92%), Potassium: 816.12mg (23.32%), Magnesium: 90.71mg (22.68%), Vitamin B2: 0.36mg (21.18%), Selenium: 14.67µg (20.96%), Copper: 0.41mg (20.26%), Vitamin B6: 0.32mg (16.09%), Zinc: 2.27mg (15.1%), Vitamin B3: 2.91mg (14.56%), Vitamin C: 10.34mg (12.53%), Calcium: 123.88mg (12.39%), Vitamin B12: 0.63µg (10.56%), Vitamin B5: 1.04mg (10.41%), Vitamin A: 454.98IU (9.1%), Vitamin K: 6.39µg (6.09%), Vitamin E: 0.69mg (4.58%), Vitamin D: 0.44µg (2.96%)