



Hearty Baked Beans

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



35

CALORIES



47 kcal

SIDE DISH

Ingredients

- 3 slices oscar mayer bacon chopped
- 32 oz baked beans canned
- 0.3 cup firmly brown sugar packed
- 0.3 cup grey poupon savory honey mustard
- 1 medium onion chopped

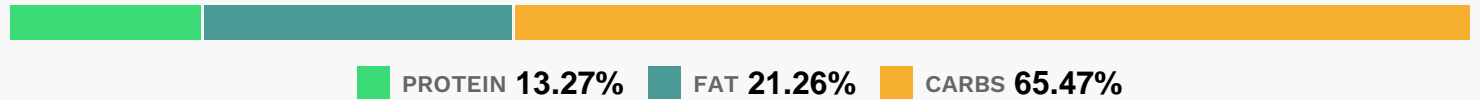
Equipment

- sauce pan

Directions

- Cook onions and bacon in medium saucepan on medium heat until bacon is browned, stirring occasionally.
- Stir in remaining ingredients. Bring to boil. Reduce heat to low; simmer 15 min., stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:1.99, Glycemic Load:1.67, Inflammation Score:-1, Nutrition Score:1.7226086964264%

Flavonoids

Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 47.31kcal (2.37%), Fat: 1.15g (1.77%), Saturated Fat: 0.41g (2.55%), Carbohydrates: 7.99g (2.66%), Net Carbohydrates: 6.51g (2.37%), Sugar: 2.13g (2.37%), Cholesterol: 3.06mg (1.02%), Sodium: 132.21mg (5.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.24%), Fiber: 1.48g (5.92%), Manganese: 0.1mg (4.94%), Phosphorus: 31.68mg (3.17%), Copper: 0.06mg (2.92%), Zinc: 0.41mg (2.71%), Potassium: 90.5mg (2.59%), Iron: 0.47mg (2.59%), Folate: 9.94µg (2.49%), Magnesium: 9.49mg (2.37%), Selenium: 1.63µg (2.33%), Calcium: 15.86mg (1.59%), Vitamin B1: 0.02mg (1.36%), Vitamin B6: 0.03mg (1.3%)