



Hearty Baked Beans



Gluten Free



Dairy Free

READY IN



210 min.

SERVINGS



10

CALORIES



329 kcal

SIDE DISH

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 4 slices bacon chopped
- ☐ 0.5 cup onion chopped (1 medium)
- ☐ 28 oz baked beans canned
- ☐ 15.5 oz kidney beans drained canned
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup catsup
- ☐ 1 tablespoon vinegar

☐ 1 teaspoon mustard yellow

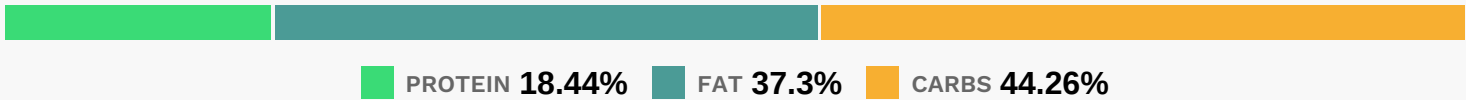
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ In 10-inch skillet, cook ground beef, bacon and onion until beef is browned; drain.
- ☐ In slow cooker, mix beef mixture and all remaining ingredients.
- ☐ Cover; cook on Low heat setting 3 hours.

Nutrition Facts



Properties

Glycemic Index:20.37, Glycemic Load:7.25, Inflammation Score:-4, Nutrition Score:11.916521603646%

Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 329.36kcal (16.47%), Fat: 13.99g (21.52%), Saturated Fat: 5.16g (32.28%), Carbohydrates: 37.35g (12.45%), Net Carbohydrates: 30.46g (11.08%), Sugar: 14.39g (15.98%), Cholesterol: 43.57mg (14.52%), Sodium: 647.54mg (28.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.56g (31.12%), Fiber: 6.89g (27.55%), Zinc: 3.47mg (23.15%), Manganese: 0.45mg (22.61%), Phosphorus: 223.13mg (22.31%), Selenium: 13.22µg (18.89%), Vitamin B12: 1.01µg (16.91%), Iron: 2.96mg (16.44%), Potassium: 560.23mg (16.01%), Vitamin B3: 3.04mg (15.19%), Vitamin B6: 0.29mg (14.46%), Copper: 0.29mg (14.28%), Magnesium: 52.54mg (13.14%), Folate: 45.92µg (11.48%), Vitamin B1: 0.14mg (9.23%), Vitamin B2: 0.16mg (9.19%), Calcium: 76.6mg (7.66%), Vitamin B5: 0.44mg (4.45%), Vitamin C: 3.03mg (3.67%), Vitamin K: 3.02µg (2.87%), Vitamin E: 0.41mg (2.74%), Vitamin A: 65.33IU (1.31%)