



Hearty Baked Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



273 kcal

SIDE DISH

Ingredients

- ☐ 3 slices bacon chopped
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 48 ounce pinto beans drained canned
- ☐ 2 garlic cloves minced
- ☐ 0.5 medium size bell pepper green chopped
- ☐ 0.3 cup catsup
- ☐ 0.3 cup blackstrap molasses
- ☐ 2.5 tablespoons mustard prepared

☐ 1 large onion chopped

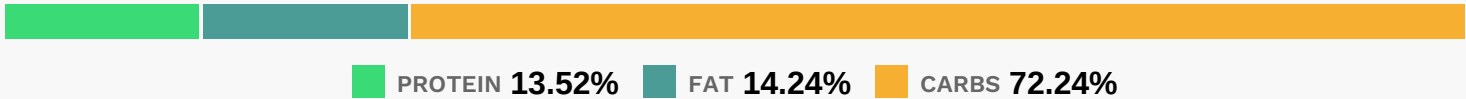
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Cook bacon slices in a large skillet until crisp; remove bacon, reserving drippings in pan.
- ☐ Saut onion and garlic in reserved drippings until tender.
- ☐ Combine bacon slices, onion mixture, beans, and remaining ingredients in a slow cooker.
- ☐ Cover and cook on HIGH for 2 1/2 to 3 hours or on LOW for 5 to 6 hours.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:13.21, Inflammation Score:-6, Nutrition Score:12.440434721501%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 272.5kcal (13.63%), Fat: 4.44g (6.84%), Saturated Fat: 1.32g (8.28%), Carbohydrates: 50.74g (16.91%), Net Carbohydrates: 42.22g (15.35%), Sugar: 24.29g (26.99%), Cholesterol: 5.45mg (1.82%), Sodium: 661.6mg (28.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.5g (19%), Manganese: 0.84mg (41.89%), Fiber: 8.52g (34.07%), Magnesium: 98.28mg (24.57%), Potassium: 781.53mg (22.33%), Iron: 3.45mg (19.16%), Copper: 0.38mg (18.91%), Phosphorus: 188.82mg (18.88%), Vitamin B6: 0.31mg (15.66%), Calcium: 127.62mg (12.76%), Folate: 46.47µg (11.62%), Vitamin C: 9.22mg (11.18%), Vitamin B1: 0.14mg (9.42%), Selenium: 6.13µg (8.76%), Vitamin E: 1.2mg (8%), Zinc: 1.19mg (7.94%), Vitamin B3: 1.16mg (5.8%), Vitamin B5: 0.46mg (4.56%), Vitamin K: 4.58µg (4.36%), Vitamin B2: 0.06mg (3.64%), Vitamin A: 85.64IU (1.71%)