



Hearty Buckaroo Beans

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



5

CALORIES



767 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 oz baked beans canned
- 1 Tbsp bull's-eye original barbecue sauce
- 0.3 cup firmly brown sugar packed
- 1 clove garlic chopped
- 1 lb ground beef
- 1 medium onion chopped
- 12 oz oscar mayer center cut bacon cut into 1-inch pieces
- 2 Tbsp vinegar

Equipment

- frying pan
- oven
- casserole dish

Directions

- Preheat oven to 350F. Cook bacon in large skillet until crisp; drain. Set aside.
- Brown ground beef in same skillet on medium heat; drain.
- Add onion; cook until crisp-tender, stirring occasionally.
- Add bacon and remaining ingredients; mix well. Spoon into 2-quart casserole dish; cover.
- Bake 45 minutes.

Nutrition Facts

PROTEIN 17.19% **FAT 55.52%** **CARBS 27.29%**

Properties

Glycemic Index:29.93, Glycemic Load:11.03, Inflammation Score:-5, Nutrition Score:22.491304353527%

Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 766.8kcal (38.34%), Fat: 47.83g (73.59%), Saturated Fat: 17.04g (106.48%), Carbohydrates: 52.9g (17.63%), Net Carbohydrates: 43.13g (15.68%), Sugar: 16.3g (18.11%), Cholesterol: 121.22mg (40.41%), Sodium: 1255.63mg (54.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.32g (66.63%), Selenium: 35.72µg (51.03%), Zinc: 7.13mg (47.56%), Phosphorus: 433.82mg (43.38%), Fiber: 9.77g (39.09%), Vitamin B12: 2.28µg (38.03%), Vitamin B3: 7.4mg (36.99%), Manganese: 0.69mg (34.3%), Vitamin B6: 0.63mg (31.26%), Iron: 5.11mg (28.41%), Potassium: 967.3mg (27.64%), Copper: 0.47mg (23.48%), Vitamin B1: 0.33mg (21.94%), Magnesium: 85.59mg (21.4%), Folate: 72µg (18%), Vitamin B2: 0.26mg (15.44%), Calcium: 129.68mg (12.97%), Vitamin B5: 1.06mg (10.59%), Vitamin C: 5.24mg (6.35%), Vitamin E: 0.7mg (4.64%), Vitamin D: 0.36µg (2.42%), Vitamin K: 1.79µg (1.71%)