



Home-Style Baked Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



864 kcal

SIDE DISH

Ingredients

- ☐ 4 slices bacon
- ☐ 56 ounce baked beans with tangy sauce, bacon, and brown sugar canned
- ☐ 1 cup catsup
- ☐ 2 tablespoons brown sugar light
- ☐ 0.5 cup mustard prepared
- ☐ 1 onion sweet quartered

Equipment

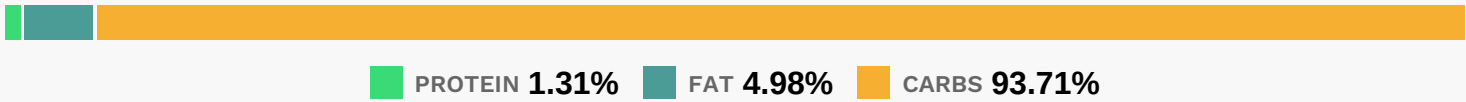
- ☐ oven

☐ baking pan

Directions

- ☐ Stir together first 5 ingredients; pour into a lightly greased 11- x 7-inch baking dish. Top with bacon.
- ☐ Bake at 400 for 45 minutes. Broil 5 inches from heat (with electric oven door partially open) 1 minute to brown bacon.
- ☐ NOTE: For testing purposes only, we used Bush's Original
- ☐ Baked Beans.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:6.4626087818457%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

Nutrients (% of daily need)

Calories: 864.4kcal (43.22%), Fat: 4.95g (7.62%), Saturated Fat: 1.51g (9.41%), Carbohydrates: 209.93g (69.98%), Net Carbohydrates: 208.8g (75.93%), Sugar: 204.09g (226.77%), Cholesterol: 7.26mg (2.42%), Sodium: 575.82mg (25.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.87%), Calcium: 190.33mg (19.03%), Selenium: 10.34µg (14.77%), Manganese: 0.26mg (12.81%), Potassium: 446.58mg (12.76%), Vitamin B6: 0.22mg (11.19%), Iron: 1.94mg (10.75%), Magnesium: 34.54mg (8.64%), Copper: 0.16mg (7.97%), Vitamin B3: 1.24mg (6.18%), Phosphorus: 59.68mg (5.97%), Vitamin B1: 0.08mg (5.34%), Vitamin B2: 0.08mg (4.54%), Fiber: 1.13g (4.53%), Vitamin B5: 0.43mg (4.28%), Vitamin C: 3.28mg (3.97%), Folate: 15.32µg (3.83%), Vitamin E: 0.55mg (3.65%), Vitamin A: 169.43IU (3.39%), Zinc: 0.39mg (2.63%), Vitamin K: 1.26µg (1.2%)