



Honey Apple Butter Baked Beans

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



281 kcal

SIDE DISH

Ingredients

- 1 cup musselman's® apple butter
- 15.5 ounce black beans rinsed drained canned
- 15.5 ounce cannellini beans drained canned
- 0.3 teaspoon cayenne pepper to taste
- 2 tablespoons onion dried minced
- 1 teaspoon ground cumin
- 0.3 cup honey
- 0.5 cup catsup

- 15 ounce pinto beans red drained canned
- 1 teaspoon salt
- 0.5 cup water

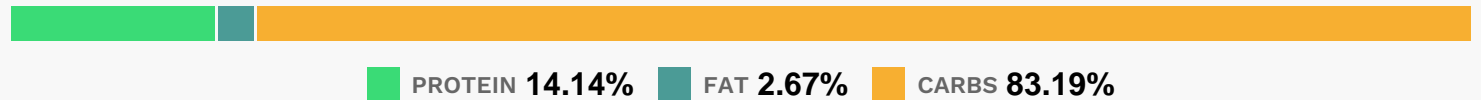
Equipment

- bowl
- oven
- baking pan

Directions

- Heat oven to 375 degrees F.
- Mix all ingredients except beans in large bowl.
- Stir in beans.
- Pour into 2-quart baking dish or casserole.
- Bake 50 to 60 minutes or until hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:16.78, Glycemic Load:8.61, Inflammation Score:-5, Nutrition Score:11.301739148472%

Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 280.76kcal (14.04%), Fat: 0.86g (1.33%), Saturated Fat: 0.2g (1.23%), Carbohydrates: 60.63g (20.21%), Net Carbohydrates: 50.94g (18.52%), Sugar: 28.26g (31.4%), Cholesterol: 0mg (0%), Sodium: 789.6mg (34.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.31g (20.61%), Fiber: 9.69g (38.75%), Manganese: 0.69mg (34.3%), Folate: 94.91µg (23.73%), Phosphorus: 195.43mg (19.54%), Magnesium: 70.74mg (17.68%), Potassium: 616.32mg (17.61%), Iron: 3.1mg (17.23%), Copper: 0.34mg (16.78%), Vitamin B1: 0.2mg (13.06%), Vitamin B6: 0.19mg (9.53%), Calcium: 87.61mg (8.76%), Vitamin B2: 0.15mg (8.65%), Zinc: 1.07mg (7.12%), Vitamin C: 4.47mg (5.42%), Vitamin B3: 1.02mg (5.12%), Selenium: 3.41µg (4.87%), Vitamin E: 0.57mg (3.79%), Vitamin B5: 0.38mg (3.77%),

Vitamin A: 116.31IU (2.33%), Vitamin K: 1.99 μ g (1.9%)