

Jack's Peach BBQ Beans

READY IN

ready

75 min.

SERVINGS

servings

24

CALORIES

calories

103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups peach pie filling canned
- ☐ 8 strips bacon cut into 1-inch pieces
- ☐ 1 baked beans recommended: Bush's
- ☐ 0.5 cup barbecue sauce
- ☐ 3 tablespoons pepper black
- ☐ 0.3 cup brown sugar
- ☐ 1 teaspoon cayenne pepper
- ☐ 1 teaspoon basil dried
- ☐ 2 teaspoons garlic powder

- ☐ 0.3 cup kosher salt
- ☐ 2 teaspoons onion powder
- ☐ 1 bell pepper red seeded chopped
- ☐ 0.3 cup paprika sweet
- ☐ 1 large onion yellow chopped

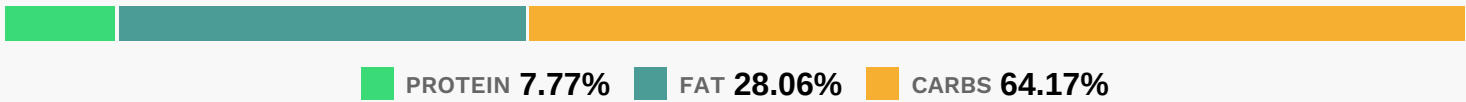
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Preheat the oven to 325 degrees F.
- ☐ Heat a large skillet over medium heat.
- ☐ Add the bacon and cook, stirring, until somewhat crispy and its fat has rendered. Using a slotted spoon, transfer the bacon to a paper towel-lined plate to drain, leaving the fat in the skillet.
- ☐ Add the pepper and onion to the skillet and cook, stirring, until softened, about 6 minutes.
- ☐ Transfer the mixture to a large baking pan.
- ☐ Add the bacon, beans, pie filling, barbecue sauce, and rub to the pan.
- ☐ Mix to combine and bake, uncovered, until hot and bubbly, about 1 hour.
- ☐ Combine all ingredients and mix well.

Nutrition Facts



Properties

Glycemic Index:7.74, Glycemic Load:1.13, Inflammation Score:-5, Nutrition Score:4.13999999941173%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 103.45kcal (5.17%), Fat: 3.39g (5.21%), Saturated Fat: 1.1g (6.88%), Carbohydrates: 17.43g (5.81%), Net Carbohydrates: 15.49g (5.63%), Sugar: 8.9g (9.89%), Cholesterol: 5.75mg (1.92%), Sodium: 1358.69mg (59.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.22%), Vitamin A: 771.72IU (15.43%), Manganese: 0.21mg (10.26%), Vitamin C: 7.72mg (9.36%), Fiber: 1.94g (7.76%), Vitamin B6: 0.09mg (4.7%), Iron: 0.81mg (4.5%), Potassium: 147.59mg (4.22%), Copper: 0.08mg (3.91%), Phosphorus: 37.66mg (3.77%), Selenium: 2.52µg (3.59%), Vitamin E: 0.54mg (3.58%), Vitamin K: 3.44µg (3.28%), Magnesium: 12.2mg (3.05%), Vitamin B3: 0.59mg (2.95%), Vitamin B1: 0.04mg (2.95%), Zinc: 0.4mg (2.68%), Vitamin B2: 0.04mg (2.37%), Folate: 9.4µg (2.35%), Calcium: 22.59mg (2.26%), Vitamin B5: 0.14mg (1.44%)