



K.C. Baked Beans

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



278 kcal

SIDE DISH

Ingredients

- 3 slices bacon halved
- 0.8 cup barbecue sauce
- 0.5 cup firmly brown sugar light packed
- 0.3 cup golden raisins
- 1 apples i use 2 granny smith apples peeled chopped
- 1 teaspoon ground cumin
- 0.5 teaspoon ground pepper red
- 1 medium onion chopped

30 ounce pork and beans drained canned

Equipment

oven

baking pan

Directions

Stir together first 8 ingredients in a lightly greased 2-quart baking dish; top with bacon.

Bake at 350 for 1 hour.

Note: We used K.C. Masterpiece Original Barbecue Sauce.

Nutrition Facts



Properties

Glycemic Index:24.42, Glycemic Load:9.64, Inflammation Score:-4, Nutrition Score:8.8095652603585%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 277.81kcal (13.89%), Fat: 5.24g (8.06%), Saturated Fat: 1.77g (11.08%), Carbohydrates: 53.99g (18%), Net Carbohydrates: 46.88g (17.05%), Sugar: 27.89g (30.99%), Cholesterol: 12.89mg (4.3%), Sodium: 776.54mg (33.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.22g (14.44%), Fiber: 7.11g (28.44%), Manganese: 0.48mg (23.89%), Phosphorus: 145.92mg (14.59%), Potassium: 510.54mg (14.59%), Copper: 0.29mg (14.42%), Iron: 2.42mg (13.46%), Magnesium: 47.06mg (11.77%), Zinc: 1.76mg (11.74%), Folate: 42.53µg (10.63%), Selenium: 7.29µg (10.42%), Calcium: 86.46mg (8.65%), Vitamin B6: 0.16mg (8.02%), Vitamin B1: 0.1mg (6.52%), Vitamin C: 4.61mg (5.59%), Vitamin B3: 1.09mg (5.46%), Vitamin B2: 0.08mg (4.84%), Vitamin A: 130.86IU (2.62%), Vitamin B5: 0.25mg (2.51%), Vitamin E: 0.34mg (2.3%), Vitamin K: 1.31µg (1.25%)