



Lowcountry Baked Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



363 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound bacon chopped
- ☐ 53 ounce baked beans canned
- ☐ 0.5 cup grey poupon dijon mustard
- ☐ 0.5 teaspoon hot sauce
- ☐ 0.3 cup blackstrap molasses
- ☐ 1 medium onion chopped

Equipment

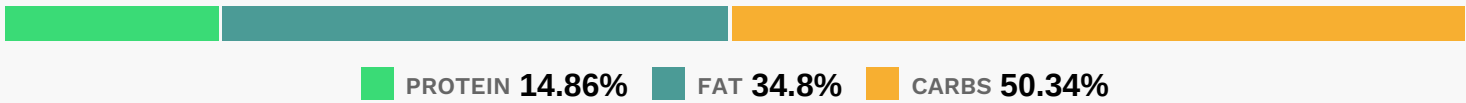
- ☐ frying pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Fry chopped bacon in a large skillet over medium-high heat 5 to 7 minutes or until browned.
- ☐ Add onion; saute until tender. Stir in beans and remaining ingredients; pour into a 13- x 9-inch baking dish.
- ☐ Bake at 350 for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:18.21, Glycemic Load:15.41, Inflammation Score:-5, Nutrition Score:15.682174017896%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 362.86kcal (18.14%), Fat: 14.71g (22.64%), Saturated Fat: 4.94g (30.88%), Carbohydrates: 47.89g (15.96%), Net Carbohydrates: 36.65g (13.33%), Sugar: 8.67g (9.64%), Cholesterol: 31.86mg (10.62%), Sodium: 1147.47mg (49.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.14g (28.28%), Manganese: 0.93mg (46.25%), Fiber: 11.23g (44.93%), Selenium: 21.76µg (31.09%), Phosphorus: 267.75mg (26.78%), Magnesium: 101.6mg (25.4%), Copper: 0.48mg (24.2%), Potassium: 834.02mg (23.83%), Iron: 4.08mg (22.69%), Zinc: 3.23mg (21.54%), Folate: 71.33µg (17.83%), Vitamin B6: 0.29mg (14.69%), Vitamin B1: 0.22mg (14.53%), Calcium: 135.54mg (13.55%), Vitamin B3: 2.18mg (10.91%), Vitamin B2: 0.11mg (6.4%), Vitamin C: 5.02mg (6.09%), Vitamin B5: 0.49mg (4.94%), Vitamin B12: 0.14µg (2.36%), Vitamin E: 0.18mg (1.2%)