



No-Bake BBQ Beans

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 30 oz baked beans drained canned
- 0.8 cup original barbecue sauce kraft
- 2 Tbsp brown sugar
- 1 onion chopped
- 3 slices oscar mayer turkey bacon chopped

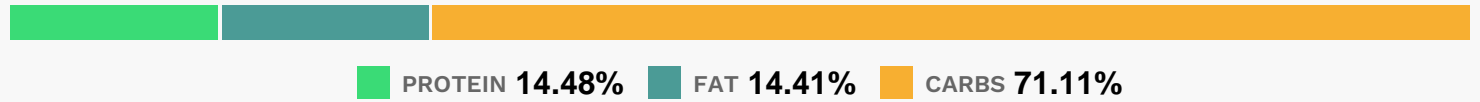
Equipment

- sauce pan

Directions

- Cook bacon in large saucepan until done, stirring occasionally.
- Add onions; cook and stir until crisp-tender.
- Stir in remaining ingredients. Bring to boil; simmer on medium-low heat 15 min., stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:1.99, Glycemic Load:1.57, Inflammation Score:-1, Nutrition Score:1.776521757488%

Flavonoids

Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 44.75kcal (2.24%), Fat: 0.75g (1.16%), Saturated Fat: 0.25g (1.56%), Carbohydrates: 8.36g (2.79%), Net Carbohydrates: 6.92g (2.52%), Sugar: 2.83g (3.15%), Cholesterol: 2.88mg (0.96%), Sodium: 191.46mg (8.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.4%), Fiber: 1.45g (5.78%), Manganese: 0.1mg (5%), Phosphorus: 33.93mg (3.39%), Copper: 0.06mg (3%), Potassium: 99.54mg (2.84%), Iron: 0.49mg (2.72%), Zinc: 0.41mg (2.71%), Magnesium: 9.78mg (2.45%), Folate: 9.58µg (2.4%), Selenium: 1.56µg (2.22%), Calcium: 16.3mg (1.63%), Vitamin B6: 0.03mg (1.4%), Vitamin B1: 0.02mg (1.1%)