



OTTERCOON's Beanwiches

READY IN



20 min.

SERVINGS



4

CALORIES



710 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce baked beans canned
- ☐ 4 slices bread
- ☐ 8 slices cheddar cheese
- ☐ 12 ounce luncheon meat cubed fully cooked canned such as SPAM®
- ☐ 2 large tomatoes sliced

Equipment

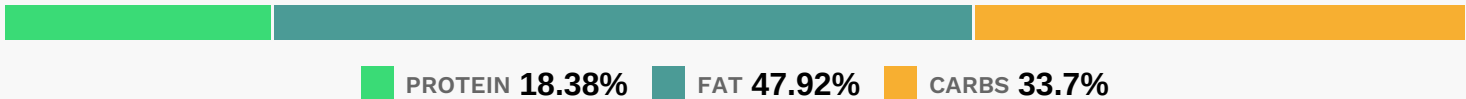
- ☐ frying pan
- ☐ baking sheet

- ☐ sauce pan
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
- ☐ Place the bread onto a baking sheet, and broil in the preheated oven until toasted on both sides.
- ☐ Remove and set aside. Meanwhile, place the baked beans in a saucepan, and bring to a boil over medium-high heat. Reduce heat to medium-low, and keep hot.
- ☐ Heat a skillet over medium-high heat.
- ☐ Add the luncheon meat, and cook until it begins to brown on the edges, about 5 minutes; pour off any excess grease.
- ☐ To assemble the beanwiches, spoon the beans over the toasted bread slices.
- ☐ Place the luncheon meat on top of the beans, layer with tomato slices, and finish with two slices of Cheddar cheese per sandwich.
- ☐ Broil in the preheated oven until the cheese has melted, 1 to 2 minutes.

Nutrition Facts



Properties

Glycemic Index:41.58, Glycemic Load:20.57, Inflammation Score:-8, Nutrition Score:28.63565229333%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 710.08kcal (35.5%), Fat: 38.71g (59.55%), Saturated Fat: 16.43g (102.71%), Carbohydrates: 61.25g (20.42%), Net Carbohydrates: 48.12g (17.5%), Sugar: 4.11g (4.57%), Cholesterol: 108.28mg (36.09%), Sodium: 2380.1mg (103.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.41g (66.83%), Selenium: 46.49µg (66.41%), Manganese: 1.16mg (57.86%), Phosphorus: 556.43mg (55.64%), Fiber: 13.13g (52.51%), Zinc: 5.94mg

(39.62%), Calcium: 389.66mg (38.97%), Vitamin B1: 0.53mg (35.56%), Potassium: 1242.38mg (35.5%), Vitamin B3: 6.01mg (30.06%), Folate: 118.58µg (29.65%), Iron: 5.23mg (29.03%), Copper: 0.58mg (28.82%), Magnesium: 110.05mg (27.51%), Vitamin B2: 0.46mg (27.23%), Vitamin A: 1099.27IU (21.99%), Vitamin B6: 0.44mg (21.99%), Vitamin C: 16.49mg (19.99%), Vitamin B12: 0.74µg (12.39%), Vitamin K: 9.38µg (8.93%), Vitamin E: 1.16mg (7.71%), Vitamin B5: 0.65mg (6.49%), Vitamin D: 0.71µg (4.76%)