



Party Beans

 Dairy Free

READY IN

ready

90 min.

SERVINGS

servings

12

CALORIES

calories

483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound bacon sliced
- ☐ 15 ounce baked beans with pork canned
- ☐ 1 cup barbeque sauce
- ☐ 15.5 ounce shell beans drained canned
- ☐ 15.5 ounce beans white drained canned
- ☐ 1 cup brown sugar dark packed
- ☐ 1 ounce onion soup mix dry
- ☐ 1.5 pounds ground round

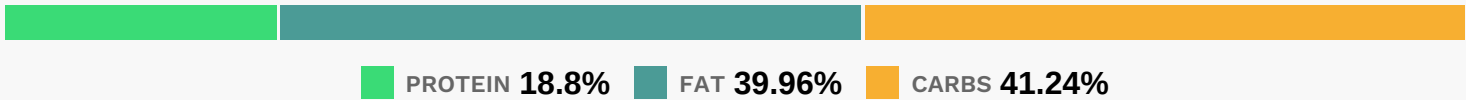
Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish
- ☐ dutch oven

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ In a large skillet over medium heat, cook bacon until crisp.
- ☐ Drain, crumble, and set aside. In the same skillet, cook and crumble the ground round until evenly browned.
- ☐ Drain.
- ☐ In a large deep casserole dish or Dutch oven, combine the bacon, beef, baked beans, white beans, and butter beans. Stir in the brown sugar, barbeque sauce, and onion soup mix until well blended.
- ☐ Bake, uncovered, for 1 hour in the preheated oven.

Nutrition Facts



Properties

Glycemic Index:9.14, Glycemic Load:5.39, Inflammation Score:-4, Nutrition Score:15.207826241203%

Nutrients (% of daily need)

Calories: 483.23kcal (24.16%), Fat: 21.55g (33.15%), Saturated Fat: 7.59g (47.46%), Carbohydrates: 50.04g (16.68%), Net Carbohydrates: 44.2g (16.07%), Sugar: 25.91g (28.79%), Cholesterol: 64.28mg (21.43%), Sodium: 999.58mg (43.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.81g (45.61%), Selenium: 21.56µg (30.8%), Zinc: 4.4mg (29.33%), Phosphorus: 267.93mg (26.79%), Manganese: 0.52mg (25.84%), Vitamin B3: 4.89mg (24.44%), Vitamin B12: 1.44µg (24.03%), Fiber: 5.83g (23.34%), Iron: 4.1mg (22.76%), Vitamin B6: 0.43mg (21.62%), Potassium: 709.86mg (20.28%), Magnesium: 67.05mg (16.76%), Copper: 0.32mg (15.89%), Folate: 58.93µg (14.73%), Vitamin B1: 0.21mg (14.29%), Vitamin B2: 0.18mg (10.49%), Calcium: 88.36mg (8.84%), Vitamin B5: 0.83mg (8.29%), Vitamin E: 0.83mg (5.51%), Vitamin K: 1.98µg (1.88%), Vitamin D: 0.21µg (1.39%), Vitamin A:

67.73IU (1.35%), Vitamin C: 0.93mg (1.13%)