



WHATSheATE

Perfectly Baked Beans



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



18

CALORIES



300 kcal

SIDE DISH

Ingredients

- ☐ 4 slices regular bacon diced
- ☐ 6 slices bacon thin
- ☐ 1 cup barbecue sauce
- ☐ 0.5 cup brown sugar
- ☐ 2 chipotle peppers minced
- ☐ 0.3 cup cider vinegar
- ☐ 1 medium bell pepper green cut into small dice
- ☐ 1 jalapeño fresh chopped

- ☐ 2 tablespoons catsup
- ☐ 1 medium onion cut into small dice
- ☐ 112 ounces pork and beans canned
- ☐ 1 bell pepper red cut into small dice
- ☐ 1 tablespoon mustard yellow

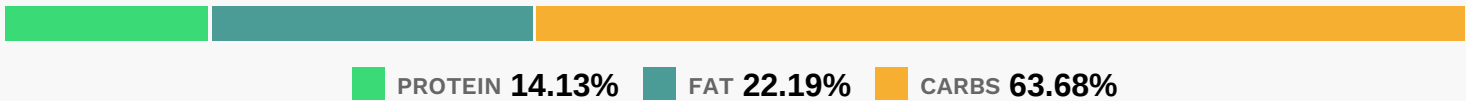
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Adjust the oven rack to the lower-middle position and preheat the oven to 325 degrees F.
- ☐ Fry the regular chopped bacon in a large, deep skillet until the bacon has partially cooked and released about 1/4 cup drippings.
- ☐ Add the onions, peppers and jalapenos, and saute until tender, about 5 minutes.
- ☐ Add the beans, barbecue sauce, brown sugar, vinegar, ketchup, mustard and chipotles, and bring to a simmer. (If the skillet is not large enough, add the beans and heat to a simmer and then transfer to a large bowl and stir in the remaining ingredients).
- ☐ Pour the flavored beans into an aluminum pan. Top with the uncooked slices of bacon (you can halve the slices if you like). Then bake until the beans are bubbly and the sauce is the consistency of pancake syrup, about 2 hours.
- ☐ Let stand to thicken slightly and serve.

Nutrition Facts



Properties

Glycemic Index:11.98, Glycemic Load:11.16, Inflammation Score:-6, Nutrition Score:13.313478152389%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 299.66kcal (14.98%), Fat: 7.79g (11.98%), Saturated Fat: 2.71g (16.96%), Carbohydrates: 50.3g (16.77%), Net Carbohydrates: 39.81g (14.48%), Sugar: 12.63g (14.04%), Cholesterol: 20.41mg (6.8%), Sodium: 1002.41mg (43.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.16g (22.32%), Fiber: 10.48g (41.94%), Manganese: 0.7mg (34.98%), Vitamin C: 18.85mg (22.85%), Phosphorus: 218.15mg (21.81%), Copper: 0.41mg (20.46%), Potassium: 658.98mg (18.83%), Zinc: 2.79mg (18.63%), Iron: 3.29mg (18.25%), Folate: 69.16µg (17.29%), Magnesium: 67.02mg (16.76%), Selenium: 11.37µg (16.24%), Calcium: 108.05mg (10.8%), Vitamin B6: 0.21mg (10.38%), Vitamin B1: 0.14mg (9.54%), Vitamin B3: 1.52mg (7.62%), Vitamin B2: 0.1mg (5.81%), Vitamin A: 289.22IU (5.78%), Vitamin B5: 0.32mg (3.19%), Vitamin E: 0.36mg (2.43%), Vitamin K: 1.33µg (1.27%), Vitamin B12: 0.06µg (1.02%)