



Pineapple Baked Beans and Beef with Fried Pineapple Rings

 Dairy Free

READY IN



500 min.

SERVINGS



6

CALORIES



528 kcal

SIDE DISH

Ingredients

- 28 ounce baked beans - canned
- 0.5 cup barbecue sauce
- 1 eggs
- 0.3 cup flour - all-purpose
- 1 garlic clove - minced
- 1 bell pepper - green chopped
- 1 pound ground beef

- 1 onion chopped
- 0.3 teaspoon pepper
- 8 ounce pineapple rings drained canned
- 8 ounces pineapple bits
- 0.5 teaspoon salt
- 2 tablespoons soya sauce
- 1 cup vegetable oil

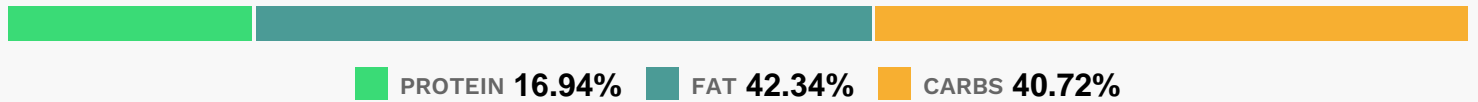
Equipment

- bowl
- frying pan
- slow cooker

Directions

- In a large skillet, brown the beef.
- Drain excess fat and transfer to a 5-quart slow cooker.
- Add the remaining ingredients, mix well, cover, and cook on low for 4 to 8 hours until bubbly.
- To make pineapple rings, beat egg well.
- Mix in the flour and make a thick paste. Dip pineapple slices in the batter and fry in medium hot oil.
- To serve, place baked beans in bowl and top with pineapple rings.

Nutrition Facts



Properties

Glycemic Index:38.61, Glycemic Load:11.59, Inflammation Score:-6, Nutrition Score:20.69217370904%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 528.15kcal (26.41%), Fat: 25.48g (39.2%), Saturated Fat: 7.98g (49.86%), Carbohydrates: 55.15g (18.38%), Net Carbohydrates: 45.8g (16.66%), Sugar: 20.1g (22.33%), Cholesterol: 90.22mg (30.07%), Sodium: 1385.5mg (60.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.93g (45.87%), Fiber: 9.34g (37.37%), Zinc: 5.43mg (36.19%), Vitamin C: 27.35mg (33.16%), Manganese: 0.65mg (32.5%), Selenium: 22.4µg (32%), Phosphorus: 310.51mg (31.05%), Vitamin B12: 1.68µg (28.05%), Iron: 4.72mg (26.21%), Vitamin B6: 0.5mg (25.15%), Potassium: 854.99mg (24.43%), Vitamin B3: 4.81mg (24.07%), Copper: 0.47mg (23.62%), Magnesium: 80.79mg (20.2%), Folate: 76.73µg (19.18%), Vitamin B1: 0.25mg (16.89%), Vitamin K: 17.41µg (16.58%), Vitamin B2: 0.27mg (15.94%), Calcium: 117.37mg (11.74%), Vitamin E: 1.27mg (8.46%), Vitamin B5: 0.75mg (7.55%), Vitamin A: 205.04IU (4.1%), Vitamin D: 0.22µg (1.48%)