



Pork and Bean Salad I

 Vegetarian  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



348 kcal

SIDE DISH

Ingredients

- 28 ounce baked beans rinsed drained canned
- 1 cup relish
- 3 tablespoons mayonnaise
- 1 onion chopped

Equipment

- bowl

Directions

In a serving bowl, mix together the rinsed beans, onion, relish, and mayonnaise. Refrigerate for at least one hour before serving.

Nutrition Facts



Properties

Glycemic Index:29.92, Glycemic Load:12.87, Inflammation Score:-6, Nutrition Score:14.283043388439%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 348.26kcal (17.41%), Fat: 11.24g (17.29%), Saturated Fat: 2.46g (15.35%), Carbohydrates: 56.54g (18.85%), Net Carbohydrates: 44.24g (16.09%), Sugar: 1.23g (1.36%), Cholesterol: 18.3mg (6.1%), Sodium: 1554.85mg (67.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.62g (23.24%), Fiber: 12.3g (49.19%), Manganese: 0.76mg (38.09%), Phosphorus: 248.9mg (24.89%), Copper: 0.49mg (24.47%), Iron: 4.22mg (23.42%), Zinc: 3.09mg (20.59%), Magnesium: 81.92mg (20.48%), Potassium: 703.03mg (20.09%), Folate: 77.8µg (19.45%), Vitamin K: 17.23µg (16.4%), Selenium: 9.71µg (13.87%), Calcium: 115.39mg (11.54%), Vitamin B1: 0.14mg (9.55%), Vitamin B6: 0.17mg (8.5%), Vitamin C: 6.61mg (8.02%), Vitamin B2: 0.11mg (6.43%), Vitamin B3: 1.22mg (6.12%), Vitamin B5: 0.25mg (2.55%), Vitamin E: 0.35mg (2.33%), Vitamin A: 109.25IU (2.18%)