

Pork and Beans



Gluten Free



Dairy Free

READY IN



335 min.

SERVINGS



8

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 strips bacon chopped
- ☐ 1.5 cups barbecue sauce
- ☐ 3 lb pork loin roast whole boneless
- ☐ 30 oz kidney beans red drained and rinsed canned
- ☐ 1 teaspoon garlic powder
- ☐ 2 tablespoons brown sugar light packed
- ☐ 2 onions thinly sliced
- ☐ 8 servings salt

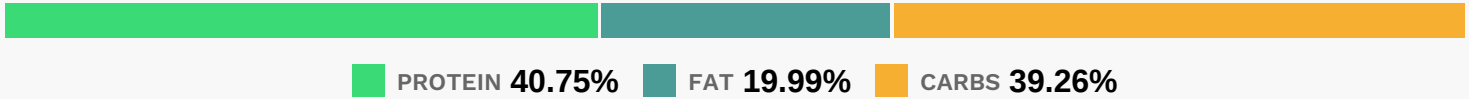
Equipment

- ☐ bowl
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Scatter onions and bacon evenly over bottom of slow cooker.
- ☐ Place pork roast on top (cut roast in half or in thirds if it won't fit in cooker in one piece). In a small bowl, whisk together barbecue sauce, brown sugar and garlic powder.
- ☐ Pour sauce mixture evenly over pork. Cover and cook on low until meat is tender, about 5 hours.
- ☐ Remove roast from slow cooker and shred meat. Return shredded meat to slow cooker, stir in beans, cover and cook until heated through, about 15 minutes. Season with salt, if desired, and serve right away.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:5.85, Inflammation Score:-5, Nutrition Score:24.453478315602%

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, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 449.45kcal (22.47%), Fat: 9.84g (15.14%), Saturated Fat: 2.97g (18.55%), Carbohydrates: 43.5g (14.5%), Net Carbohydrates: 36.88g (13.41%), Sugar: 23.86g (26.51%), Cholesterol: 110.79mg (36.93%), Sodium: 1140.21mg (49.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.14g (90.27%), Vitamin B6: 1.46mg (73.23%), Selenium: 50.35µg (71.93%), Vitamin B1: 0.91mg (60.53%), Vitamin B3: 10.88mg (54.38%), Phosphorus: 523.7mg (52.37%), Potassium: 1096.52mg (31.33%), Fiber: 6.62g (26.47%), Zinc: 3.94mg (26.24%), Vitamin B2: 0.43mg (25.4%), Magnesium: 87.06mg (21.77%), Manganese: 0.43mg (21.55%), Vitamin B5: 1.56mg (15.64%), Copper:

0.31mg (15.51%), Iron: 2.71mg (15.08%), Vitamin B12: 0.89µg (14.92%), Folate: 34.14µg (8.54%), Calcium: 66.54mg (6.65%), Vitamin K: 5.44µg (5.18%), Vitamin E: 0.7mg (4.69%), Vitamin D: 0.7µg (4.68%), Vitamin C: 3.21mg (3.89%), Vitamin A: 122.71IU (2.45%)