



Quick Baked Beans with Smoked Bacon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



357 kcal

SIDE DISH

Ingredients

- ☐ 6 ounces regular bacon smoked cut into 3/4-inch pieces (6 slices)
- ☐ 84 oz baked beans boston-style canned
- ☐ 2 tablespoons firmly brown sugar packed
- ☐ 0.5 cup catsup
- ☐ 1 tablespoon mustard dry
- ☐ 2 onions peeled chopped (1 lb. total)

Equipment

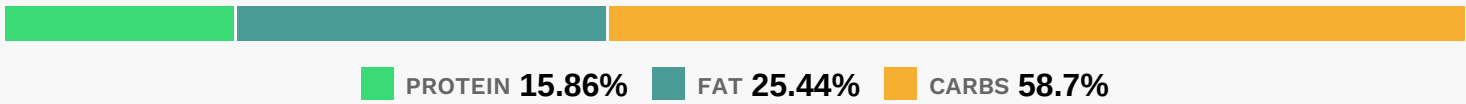
- ☐ frying pan

- ☐ paper towels
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ In a 5- to 6-quart pan over medium-high heat, stir bacon often until browned and crisp, 6 to 8 minutes. With a slotted spoon, transfer to paper towels to drain. Discard all but 1 1/2 tablespoons fat in pan.
- ☐ Add onions to pan and stir often until they begin to brown and stick to bottom of pan, 7 to 9 minutes.
- ☐ Add beans and their liquid, catsup, brown sugar, dry mustard, and cooked bacon; mix well.
- ☐ Pour into a shallow 3-quart casserole.
- ☐ Bake, uncovered, in a 350 regular or convection oven until beans are bubbling in the center, 30 to 40 minutes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:6.97, Glycemic Load:15.18, Inflammation Score:-6, Nutrition Score:16.231739138779%

Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg

Nutrients (% of daily need)

Calories: 356.95kcal (17.85%), Fat: 10.73g (16.51%), Saturated Fat: 3.71g (23.21%), Carbohydrates: 55.71g (18.57%), Net Carbohydrates: 42.12g (15.32%), Sugar: 5.86g (6.52%), Cholesterol: 27.9mg (9.3%), Sodium: 1208.97mg (52.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.06g (30.12%), Fiber: 13.59g (54.37%), Manganese: 0.92mg (46.02%), Phosphorus: 297.07mg (29.71%), Copper: 0.54mg (27.18%), Zinc: 3.78mg (25.19%), Potassium: 843.72mg (24.11%), Iron: 4.29mg (23.82%), Selenium: 16.29µg (23.27%), Folate: 92.15µg (23.04%), Magnesium: 89.57mg (22.39%), Calcium: 137.78mg (13.78%), Vitamin B1: 0.19mg (12.68%), Vitamin B6: 0.25mg (12.34%), Vitamin

B3: 1.98mg (9.91%), Vitamin C: 6.93mg (8.4%), Vitamin B2: 0.13mg (7.76%), Vitamin B5: 0.37mg (3.74%), Vitamin E: 0.29mg (1.92%), Vitamin B12: 0.09µg (1.42%), Vitamin A: 68.51IU (1.37%)