



Quick Skillet Baked Beans and Franks

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 56 oz baked beans with brown sugar and bacon canned
- ☐ 3 tablespoons barbecue sauce
- ☐ 16 oz all-beef hot dog
- ☐ 1 tablespoon butter
- ☐ 2 teaspoons apple cider vinegar
- ☐ 10 servings pepper to taste
- ☐ 0.3 cup root beer
- ☐ 1 small onion sweet chopped

☐

3 tablespoons mustard yellow

Equipment

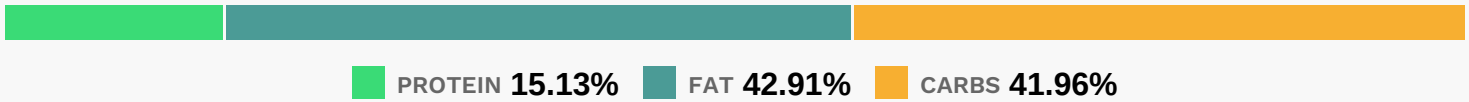
☐

frying pan

Directions

- ☐
- Cut each hot dog into 6 slices.
- ☐
- Melt butter in a large nonstick skillet over medium-high heat; add onion, and saut 4 minutes or until tender.
- ☐
- Add hot dogs, beans, and next 4 ingredients to skillet. Cook, stirring occasionally, 8 to 10 minutes or until thickened. Season with freshly cracked pepper to taste.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:9.85, Inflammation Score:-5, Nutrition Score:13.009130545284%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

Nutrients (% of daily need)

Calories: 352.7kcal (17.63%), Fat: 17.54g (26.98%), Saturated Fat: 7.34g (45.86%), Carbohydrates: 38.59g (12.86%), Net Carbohydrates: 29.29g (10.65%), Sugar: 5.03g (5.59%), Cholesterol: 39.52mg (13.17%), Sodium: 1238.51mg (53.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.91g (27.82%), Fiber: 9.3g (37.18%), Manganese: 0.65mg (32.45%), Phosphorus: 250.38mg (25.04%), Zinc: 3.4mg (22.67%), Copper: 0.43mg (21.62%), Selenium: 14.47µg (20.67%), Iron: 3.51mg (19.52%), Potassium: 610.32mg (17.44%), Folate: 67.97µg (16.99%), Magnesium: 66.02mg (16.51%), Vitamin B12: 0.74µg (12.36%), Calcium: 101.11mg (10.11%), Vitamin B3: 1.85mg (9.26%), Vitamin B6: 0.18mg (9.23%), Vitamin B1: 0.12mg (8.2%), Vitamin B2: 0.12mg (6.99%), Vitamin C: 4.81mg (5.83%), Vitamin B5: 0.32mg (3.16%), Vitamin D: 0.27µg (1.81%), Vitamin A: 50.82IU (1.02%)