



Rancho Baked Beans

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



350 kcal

SIDE DISH

Ingredients

- 0.8 cup brown sugar
- 16 ounce kidney beans drained canned
- 1 pound ground beef
- 1 cup catsup
- 2 tablespoons mustard
- 2 cups onion chopped
- 32 ounce pork and beans canned
- 1 teaspoon salt

1 tablespoon vinegar white

Equipment

bowl

frying pan

oven

casserole dish

Directions

Preheat oven to 350 degrees F (175 degrees C). Spray a casserole dish with cooking spray.

Cook and stir ground beef and onion in a skillet over medium heat until beef is browned and onions are translucent, 10 to 15 minutes.

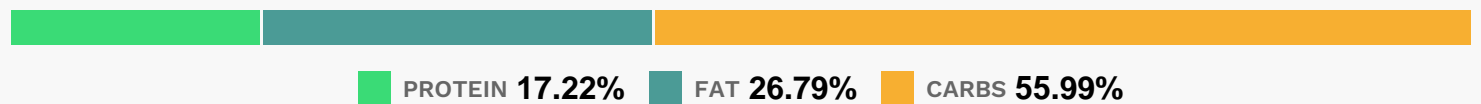
Drain well.

Mix pork and beans, kidney beans, ketchup, brown sugar, mustard, vinegar, and salt in a large bowl. Stir hamburger mixture into bean mixture.

Pour hamburger-bean mixture into prepared casserole dish.

Bake in the preheated oven until bubbling, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:20.37, Glycemic Load:8.53, Inflammation Score:-5, Nutrition Score:13.406086768793%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.7mg, Quercetin: 6.7mg, Quercetin: 6.7mg, Quercetin: 6.7mg

Nutrients (% of daily need)

Calories: 349.97kcal (17.5%), Fat: 10.8g (16.61%), Saturated Fat: 4.08g (25.51%), Carbohydrates: 50.77g (16.92%), Net Carbohydrates: 42.63g (15.5%), Sugar: 23.36g (25.95%), Cholesterol: 38.56mg (12.85%), Sodium: 1011.24mg

(43.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.61g (31.23%), Fiber: 8.14g (32.55%), Manganese: 0.55mg (27.68%), Zinc: 3.62mg (24.15%), Phosphorus: 237.21mg (23.72%), Potassium: 661.41mg (18.9%), Selenium: 13.12µg (18.74%), Iron: 3.31mg (18.38%), Copper: 0.33mg (16.63%), Vitamin B6: 0.33mg (16.3%), Vitamin B12: 0.97µg (16.18%), Magnesium: 61.43mg (15.36%), Vitamin B3: 2.96mg (14.81%), Folate: 56.24µg (14.06%), Vitamin B2: 0.18mg (10.73%), Calcium: 96.18mg (9.62%), Vitamin B1: 0.14mg (9.25%), Vitamin C: 5.54mg (6.72%), Vitamin B5: 0.46mg (4.59%), Vitamin E: 0.56mg (3.75%), Vitamin K: 3.57µg (3.4%), Vitamin A: 125.89IU (2.52%)