



## Root Beer Baked Beans

 Gluten Free  Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



360 kcal

SIDE DISH

### Ingredients

- 3 slices bacon
- 0.3 cup hickory-smoked barbecue sauce
- 0.5 teaspoon mustard dry
- 0.1 teaspoon hot sauce
- 1 small onion diced
- 32 ounce pork and beans canned
- 0.5 cup root beer (not diet)

### Equipment

- frying pan
- paper towels
- oven
- baking pan

## Directions

- Cook bacon in a skillet over medium heat until crisp; remove and drain on paper towels, reserving 2 tablespoons drippings in skillet. Crumble bacon.
- Saut diced onion in hot bacon drippings in skillet over high heat 5 minutes or until tender. Stir together onion, crumbled bacon, beans, and remaining ingredients in a lightly greased 1-quart baking dish.
- Bake beans, uncovered, at 400 for 55 minutes or until sauce is thickened.

## Nutrition Facts



## Properties

Glycemic Index:17.42, Glycemic Load:14.38, Inflammation Score:-5, Nutrition Score:15.266956448555%

## Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

## Nutrients (% of daily need)

Calories: 360.33kcal (18.02%), Fat: 10.29g (15.82%), Saturated Fat: 3.57g (22.33%), Carbohydrates: 57.67g (19.22%), Net Carbohydrates: 44.71g (16.26%), Sugar: 9.82g (10.91%), Cholesterol: 26.77mg (8.92%), Sodium: 1240.15mg (53.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.26g (28.52%), Fiber: 12.96g (51.85%), Manganese: 0.88mg (43.78%), Phosphorus: 279.43mg (27.94%), Copper: 0.52mg (25.9%), Zinc: 3.6mg (24.01%), Potassium: 802.81mg (22.94%), Iron: 4.11mg (22.85%), Folate: 85.74µg (21.44%), Selenium: 14.85µg (21.21%), Magnesium: 84.39mg (21.1%), Calcium: 133.1mg (13.31%), Vitamin B1: 0.18mg (12%), Vitamin B6: 0.22mg (11.23%), Vitamin B3: 1.82mg (9.08%), Vitamin C: 6.05mg (7.33%), Vitamin B2: 0.12mg (6.77%), Vitamin B5: 0.37mg (3.71%), Vitamin E: 0.23mg (1.54%), Vitamin B12: 0.08µg (1.38%)