



Sheboygan Baked Beans

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



315 kcal

SIDE DISH

Ingredients

- 4 slices bacon chopped
- 56 ounce baked beans canned (recommended: Bush's Original)
- 3 tablespoons brown sugar
- 0.3 cup catsup
- 1 medium onion diced red
- 12 ounce root beer
- 0.3 cup spicy brown mustard
- 0.3 cup worcestershire sauce

Equipment

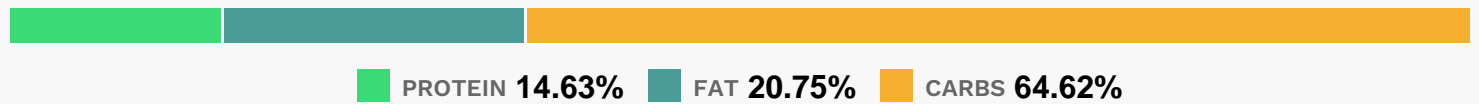
pot

grill

Directions

- Place a large pot on grill or side burner over medium heat, cook bacon long enough to render fat, and bacon starts to get crispy.
- Add chopped onion to bacon fat and cook until soft.
- Add remaining ingredients and stir to combine. Bring to boil, and then reduce heat to low and cover. Simmer for 30 minutes or up to 1 hour depending on desired thickness.

Nutrition Facts



Properties

Glycemic Index:12.71, Glycemic Load:12.58, Inflammation Score:-5, Nutrition Score:13.972608537778%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 315.2kcal (15.76%), Fat: 7.73g (11.89%), Saturated Fat: 2.68g (16.74%), Carbohydrates: 54.13g (18.04%), Net Carbohydrates: 42.63g (15.5%), Sugar: 12.02g (13.36%), Cholesterol: 21.15mg (7.05%), Sodium: 1167.06mg (50.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.25g (24.51%), Fiber: 11.51g (46.02%), Manganese: 0.78mg (39.18%), Phosphorus: 249.84mg (24.98%), Copper: 0.47mg (23.55%), Iron: 4.11mg (22.81%), Potassium: 762.96mg (21.8%), Zinc: 3.16mg (21.07%), Selenium: 14.44µg (20.63%), Magnesium: 76.82mg (19.21%), Folate: 76.01µg (19%), Calcium: 129.97mg (13%), Vitamin B1: 0.16mg (10.89%), Vitamin B6: 0.19mg (9.59%), Vitamin C: 6.44mg (7.81%), Vitamin B3: 1.56mg (7.81%), Vitamin B2: 0.12mg (6.87%), Vitamin B5: 0.31mg (3.09%), Vitamin E: 0.19mg (1.29%), Vitamin A: 55.13IU (1.1%)