



Simple Baked Beans

 **Gluten Free**  **Dairy Free**

READY IN



195 min.

SERVINGS



10

CALORIES



163 kcal

SIDE DISH

Ingredients

- 2 slices bacon chopped
- 32 ounce baked beans with pork canned
- 4 tablespoons brown sugar
- 2 tablespoons catsup
- 0.3 cup blackstrap molasses
- 1 tablespoon mustard prepared
- 0.3 cup onions chopped

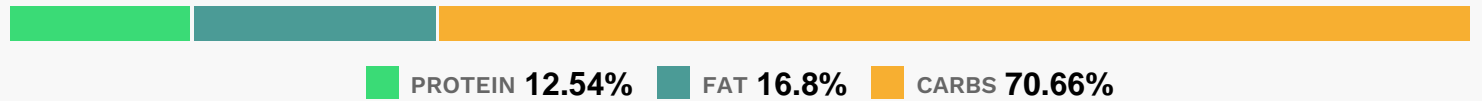
Equipment

- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Mix baked beans with pork, molasses, onions, brown sugar and ketchup together and put in a greased casserole dish. Top with bacon, cover and bake for 3 hours or until thick.

Nutrition Facts



Properties

Glycemic Index:14.57, Glycemic Load:8.47, Inflammation Score:-3, Nutrition Score:7.1382608912561%

Flavonoids

Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 162.73kcal (8.14%), Fat: 3.22g (4.95%), Saturated Fat: 1.14g (7.1%), Carbohydrates: 30.47g (10.16%), Net Carbohydrates: 25.34g (9.21%), Sugar: 11.78g (13.09%), Cholesterol: 9.25mg (3.08%), Sodium: 453.03mg (19.7%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.41g (10.82%), Manganese: 0.47mg (23.72%), Fiber: 5.13g (20.52%), Magnesium: 53.7mg (13.43%), Potassium: 434.94mg (12.43%), Copper: 0.25mg (12.27%), Iron: 2.03mg (11.3%), Phosphorus: 110.68mg (11.07%), Selenium: 7.26µg (10.37%), Zinc: 1.42mg (9.49%), Folate: 33.84µg (8.46%), Calcium: 71.87mg (7.19%), Vitamin B6: 0.14mg (6.94%), Vitamin B1: 0.07mg (4.58%), Vitamin B3: 0.72mg (3.61%), Vitamin C: 2.24mg (2.71%), Vitamin B2: 0.05mg (2.66%), Vitamin B5: 0.2mg (2%)