



Slow-Cooker 4-Can Baked Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



12

CALORIES



111 kcal

SIDE DISH

Ingredients

- ☐ 16 oz baked beans undrained canned
- ☐ 15 oz chili beans sauce undrained canned
- ☐ 15 oz black beans rinsed drained canned
- ☐ 10 oz canned tomatoes diced with green chiles, undrained canned

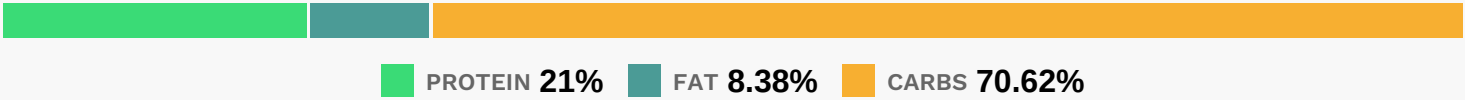
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Spray 2-quart casserole with cooking spray. In large bowl, mix all ingredients.
- ☐ Pour into casserole.
- ☐ Bake 1 hour or until thoroughly heated and flavors are blended.

Nutrition Facts



Properties

Glycemic Index:3.56, Glycemic Load:2.34, Inflammation Score:-3, Nutrition Score:7.1499999163915%

Nutrients (% of daily need)

Calories: 110.7kcal (5.54%), Fat: 1.07g (1.65%), Saturated Fat: 0.31g (1.93%), Carbohydrates: 20.36g (6.79%), Net Carbohydrates: 14.11g (5.13%), Sugar: 2.42g (2.69%), Cholesterol: 2.65mg (0.88%), Sodium: 551.85mg (23.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.05g (12.11%), Fiber: 6.25g (24.99%), Phosphorus: 138.16mg (13.82%), Copper: 0.25mg (12.75%), Potassium: 429.83mg (12.28%), Iron: 2.2mg (12.25%), Manganese: 0.24mg (11.86%), Folate: 46.33µg (11.58%), Magnesium: 43.8mg (10.95%), Zinc: 1.49mg (9.9%), Vitamin B6: 0.17mg (8.28%), Vitamin B2: 0.12mg (7.24%), Vitamin B1: 0.09mg (6.3%), Vitamin C: 4.51mg (5.47%), Calcium: 50.75mg (5.07%), Selenium: 2.72µg (3.89%), Vitamin B3: 0.68mg (3.42%), Vitamin E: 0.24mg (1.57%), Vitamin B5: 0.13mg (1.31%)