



Slow-Cooker Bacon Brown Sugar Baked Beans



Gluten Free



Dairy Free

READY IN



250 min.

SERVINGS



18

CALORIES



199 kcal

SIDE DISH

Ingredients

- ☐ 84 oz baked beans drained canned
- ☐ 0.5 cup bacon crumbled cooked
- ☐ 1.5 cups onion sweet chopped
- ☐ 0.7 cup brown sugar packed
- ☐ 0.5 cup catsup
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon apple cider vinegar

☐ 2 teaspoons worcestershire sauce

Equipment

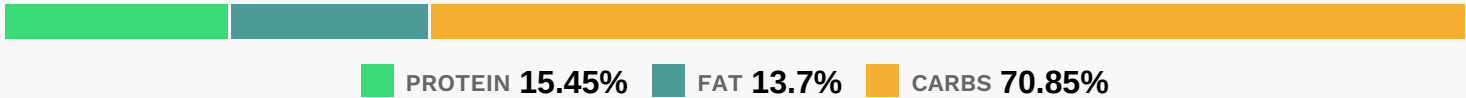
☐ slow cooker

Directions

☐ Spray 5- to 6-quart slow cooker with cooking spray. In slow cooker, mix all ingredients.

☐ Cover; cook on Low heat setting 4 hours.

Nutrition Facts



Properties

Glycemic Index:6.37, Glycemic Load:8.19, Inflammation Score:-4, Nutrition Score:8.9447826283134%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 198.59kcal (9.93%), Fat: 3.23g (4.96%), Saturated Fat: 1.17g (7.34%), Carbohydrates: 37.55g (12.52%), Net Carbohydrates: 30.06g (10.93%), Sugar: 10.09g (11.21%), Cholesterol: 12.37mg (4.12%), Sodium: 691.3mg (30.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.19g (16.37%), Fiber: 7.49g (29.95%), Manganese: 0.51mg (25.46%), Phosphorus: 162.99mg (16.3%), Copper: 0.31mg (15.37%), Zinc: 2.07mg (13.81%), Potassium: 478.34mg (13.67%), Iron: 2.46mg (13.66%), Folate: 51.55µg (12.89%), Magnesium: 49.68mg (12.42%), Selenium: 8.59µg (12.27%), Calcium: 82.71mg (8.27%), Vitamin B6: 0.13mg (6.69%), Vitamin B1: 0.1mg (6.5%), Vitamin B3: 1.06mg (5.29%), Vitamin C: 3.65mg (4.43%), Vitamin B2: 0.07mg (4.31%), Vitamin B5: 0.2mg (1.99%)