



WHATSHATE



Slow Cooker Baked Beans



Gluten Free



Dairy Free

READY IN



490 min.

SERVINGS



12

CALORIES



204 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup hickory-flavored barbeque sauce
- ☐ 0.5 cup brown sugar packed
- ☐ 43.5 ounce cannellini beans drained and rinsed canned
- ☐ 4 ounces ham diced cooked
- ☐ 1 teaspoon mustard dry
- ☐ 1 bell pepper diced green
- ☐ 0.5 cup catsup
- ☐ 1 large onion diced

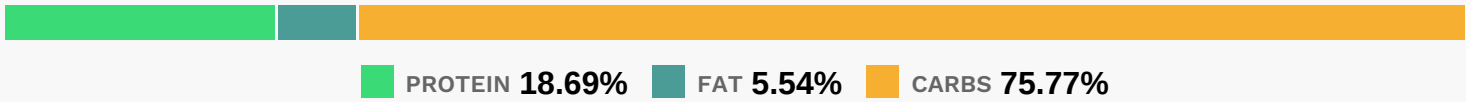
Equipment

☐ slow cooker

Directions

- ☐ Mix barbeque sauce, ketchup, brown sugar, and mustard together in a 4-quart slow cooker until smooth. Stir beans, green bell pepper, onion, and ham into barbeque sauce mixture.
- ☐ Cook beans on Low for 8 to 12 hours until thick.

Nutrition Facts



Properties

Glycemic Index:3.08, Glycemic Load:0.29, Inflammation Score:-5, Nutrition Score:9.77391301549%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 204.49kcal (10.22%), Fat: 1.3g (1.99%), Saturated Fat: 0.31g (1.91%), Carbohydrates: 39.87g (13.29%), Net Carbohydrates: 34.3g (12.47%), Sugar: 15.76g (17.51%), Cholesterol: 6.9mg (2.3%), Sodium: 330.08mg (14.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.83g (19.67%), Manganese: 0.49mg (24.34%), Fiber: 5.57g (22.3%), Folate: 88.39µg (22.1%), Phosphorus: 179.7mg (17.97%), Vitamin C: 12.93mg (15.67%), Magnesium: 60.93mg (15.23%), Vitamin B1: 0.21mg (14.24%), Potassium: 492.04mg (14.06%), Iron: 1.95mg (10.81%), Copper: 0.21mg (10.45%), Vitamin B6: 0.2mg (9.97%), Selenium: 6.83µg (9.76%), Calcium: 72.38mg (7.24%), Vitamin B2: 0.11mg (6.71%), Zinc: 0.96mg (6.42%), Vitamin B3: 1.1mg (5.52%), Vitamin B5: 0.43mg (4.31%), Vitamin A: 114.99IU (2.3%), Vitamin B12: 0.13µg (2.22%), Vitamin E: 0.29mg (1.93%), Vitamin K: 1.31µg (1.25%)