



WHATSheATE



Slow-Cooker Baked Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



310 min.

SERVINGS



12

CALORIES



257 kcal

SIDE DISH

Ingredients



0.7 cup barbecue sauce



0.5 cup brown sugar packed



2 tablespoons ground mustard



0.5 cup onion chopped



84 ounces vegetarian baked beans drained canned

Equipment

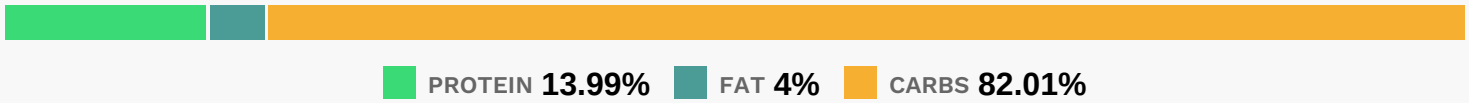


slow cooker

Directions

- ☐ Mix all ingredients in 3 1/2- to 6-quart slow cooker.
- ☐ Cover and cook on low heat setting 4 to 5 hours (or high heat setting 2 hours to 2 hours 30 minutes) or until desired consistency. Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturers directions for layering ingredients and choosing a temperature.

Nutrition Facts



Properties

Glycemic Index:2.25, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:10.297391329123%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 257.3kcal (12.86%), Fat: 1.26g (1.94%), Saturated Fat: 0.17g (1.09%), Carbohydrates: 58.3g (19.43%), Net Carbohydrates: 49.76g (18.1%), Sugar: 30.33g (33.69%), Cholesterol: 0mg (0%), Sodium: 847.31mg (36.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.95g (19.89%), Fiber: 8.53g (34.14%), Zinc: 4.64mg (30.91%), Selenium: 12.7µg (18.14%), Phosphorus: 161.99mg (16.2%), Copper: 0.31mg (15.68%), Magnesium: 61.45mg (15.36%), Iron: 2.65mg (14.72%), Potassium: 511.92mg (14.63%), Manganese: 0.28mg (13.97%), Vitamin B1: 0.2mg (13.11%), Vitamin B6: 0.19mg (9.35%), Calcium: 84.96mg (8.5%), Folate: 25.4µg (6.35%), Vitamin B2: 0.09mg (5.13%), Vitamin A: 250.41IU (5.01%), Vitamin B3: 0.98mg (4.88%), Vitamin B5: 0.48mg (4.84%), Vitamin E: 0.49mg (3.24%), Vitamin K: 1.96µg (1.87%)