



Slow-Cooker Baked Beans



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

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

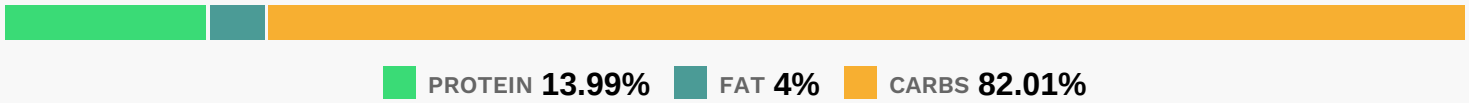


slow cooker

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 manufacturer's 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%)