



Slow Cooker Barbecue Beans



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



236 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 14.5 ounce canned tomatoes diced with green peppers and onions, drained canned
- ☐ 0.5 pound barbecue pork shredded chopped
- ☐ 32 ounce pork and beans undrained canned
- ☐ 0.3 cup spicy brown mustard
- ☐ 2 tablespoons worcestershire sauce

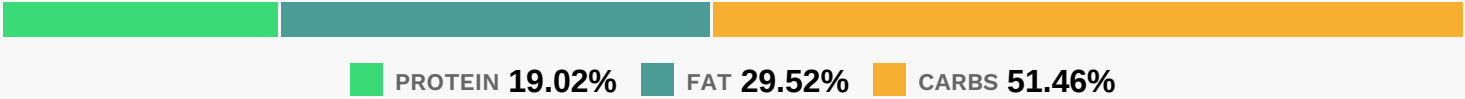
Equipment

- ☐ slow cooker

Directions

☐ Stir together first 6 ingredients, and, if desired, molasses in a 6-quart slow cooker. Cover and cook at HIGH 1 hour. (You can keep this recipe warm on LOW for up to 2 hours before serving.)

Nutrition Facts



Properties

Glycemic Index:14.08, Glycemic Load:8.09, Inflammation Score:-4, Nutrition Score:12.590434831122%

Nutrients (% of daily need)

Calories: 236.32kcal (11.82%), Fat: 8.17g (12.57%), Saturated Fat: 2.95g (18.44%), Carbohydrates: 32.06g (10.69%), Net Carbohydrates: 24.51g (8.91%), Sugar: 7.16g (7.96%), Cholesterol: 28.35mg (9.45%), Sodium: 695.27mg (30.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.85g (23.7%), Fiber: 7.55g (30.19%), Manganese: 0.54mg (27.08%), Selenium: 15.33µg (21.9%), Vitamin B1: 0.32mg (21.59%), Phosphorus: 199.66mg (19.97%), Copper: 0.37mg (18.35%), Potassium: 633.97mg (18.11%), Iron: 3.23mg (17.92%), Zinc: 2.48mg (16.52%), Magnesium: 58.91mg (14.73%), Vitamin B6: 0.27mg (13.27%), Folate: 49.85µg (12.46%), Vitamin B3: 2.44mg (12.21%), Calcium: 94.72mg (9.47%), Vitamin C: 7.78mg (9.43%), Vitamin B2: 0.15mg (8.65%), Vitamin B5: 0.47mg (4.75%), Vitamin E: 0.67mg (4.49%), Vitamin B12: 0.2µg (3.31%), Vitamin K: 2.88µg (2.75%), Vitamin A: 121.34IU (2.43%)