



Slow-Cooker Barbecue Beans and Beef

 Gluten Free  Dairy Free

READY IN



550 min.

SERVINGS



6

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup onion chopped
- 3 slices bacon chopped
- 1.5 lb beef chuck boneless
- 0.5 cup barbecue sauce
- 48 oz baked beans canned

Equipment

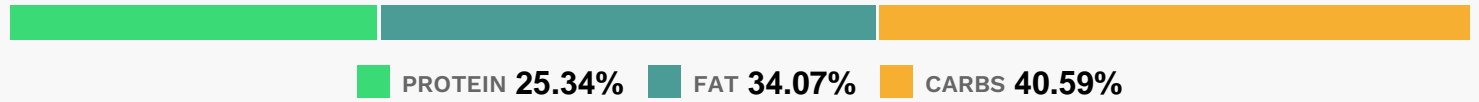
- bowl
- sieve

- slow cooker
- cutting board

Directions

- In 3 1/2- to 4-quart slow cooker, mix onion and bacon. Top with beef.
- Pour barbecue sauce over beef.
- Cover; cook on Low heat setting 8 to 10 hours.
- Remove beef from cooker; place on cutting board.
- Cut beef into 1/2-inch pieces.
- Pour juices from cooker through strainer into small bowl, reserving onion, bacon and 1/2 cup juices. Return beef, onion, bacon and 1/2 cup juices to cooker. Stir in baked beans. Increase heat setting to High. Cover; cook 40 to 50 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:11.61, Glycemic Load:14.3, Inflammation Score:-6, Nutrition Score:26.624782520792%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 536.72kcal (26.84%), Fat: 21.06g (32.4%), Saturated Fat: 8.55g (53.47%), Carbohydrates: 56.45g (18.82%), Net Carbohydrates: 43.53g (15.83%), Sugar: 8.48g (9.42%), Cholesterol: 101.38mg (33.79%), Sodium: 1349.63mg (58.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.25g (70.5%), Zinc: 12.03mg (80.21%), Vitamin B12: 3.15µg (52.51%), Selenium: 36.61µg (52.3%), Fiber: 12.91g (51.66%), Phosphorus: 483.74mg (48.37%), Manganese: 0.88mg (43.93%), Iron: 6.44mg (35.78%), Potassium: 1173.82mg (33.54%), Vitamin B3: 6.52mg (32.59%), Vitamin B6: 0.64mg (32.13%), Copper: 0.58mg (29.19%), Magnesium: 104.41mg (26.1%), Folate: 88.06µg (22.01%), Vitamin B2: 0.28mg (16.26%), Vitamin B1: 0.24mg (15.8%), Calcium: 150.96mg (15.1%), Vitamin B5: 1.04mg (10.4%), Vitamin C: 5.67mg (6.87%), Vitamin E: 0.46mg (3.04%), Vitamin K: 2.18µg (2.08%), Vitamin A: 72.47IU (1.45%), Vitamin D: 0.16µg (1.05%)