



Slow-Cooker Barbecued Beans



Gluten Free



Dairy Free

READY IN



200 min.

SERVINGS



12

CALORIES



306 kcal

SIDE DISH

Ingredients

- ☐ 0.5 lb bacon cut into 1/2-inch pieces
- ☐ 0.5 cup onion chopped
- ☐ 1 cup catsup
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup blackstrap molasses light ()
- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 teaspoon ground mustard
- ☐ 31 oz great northern beans rinsed drained canned

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30 oz black beans drained canned

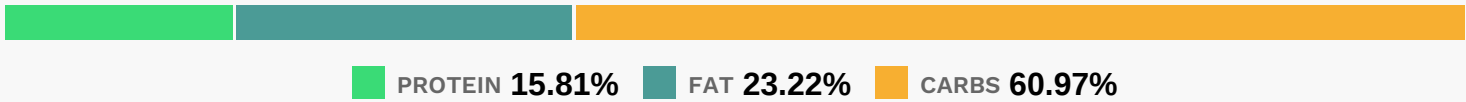
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ In 10-inch skillet, cook bacon and onion over medium heat, stirring occasionally, until bacon is crisp and onions are tender; drain.
- ☐ In 3 1/2- to 4-quart slow cooker, mix bacon, onion and remaining ingredients, including reserved liquid. Cover; cook on Low heat setting 3 to 4 hours.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:2.45, Inflammation Score:-5, Nutrition Score:12.482173816017%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 305.97kcal (15.3%), Fat: 8.09g (12.44%), Saturated Fat: 2.66g (16.65%), Carbohydrates: 47.77g (15.92%), Net Carbohydrates: 39.1g (14.22%), Sugar: 18.7g (20.77%), Cholesterol: 12.47mg (4.16%), Sodium: 587.12mg (25.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.39g (24.78%), Fiber: 8.67g (34.69%), Manganese: 0.61mg (30.74%), Folate: 105.98µg (26.5%), Magnesium: 86.19mg (21.55%), Phosphorus: 214.52mg (21.45%), Potassium: 695.54mg (19.87%), Vitamin B1: 0.27mg (17.71%), Iron: 3.07mg (17.07%), Copper: 0.32mg (16.02%), Selenium: 9.6µg (13.72%), Vitamin B6: 0.26mg (12.9%), Vitamin B2: 0.18mg (10.58%), Vitamin B3: 1.91mg (9.57%), Calcium: 91.63mg (9.16%), Zinc: 1.16mg (7.74%), Vitamin B5: 0.53mg (5.26%), Vitamin C: 4.19mg (5.08%), Vitamin E: 0.38mg (2.55%), Vitamin A: 112.61IU (2.25%), Vitamin B12: 0.09µg (1.57%)