



Slow Cooker Bean Casserole AKA Sweet Chili

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bacon
- 16 ounce baked beans with pork canned
- 1 teaspoon mustard dry
- 1 large bell pepper green chopped
- 1.5 pounds ground beef
- 0.5 teaspoon ground pepper black
- 0.5 cup catsup
- 0.3 cup blackstrap molasses

1 teaspoon salt

Equipment

frying pan

slow cooker

Directions

In a slow cooker, mix together ketchup, molasses, mustard, pork and beans, salt, and pepper.

Cook bacon and bell pepper in a large skillet over medium heat for about 5 to 7 minutes, then add to the slow cooker. In same skillet, brown beef, and stir into the slow cooker.

Cover, and cook on High setting for 1 hour.

Nutrition Facts



Properties

Glycemic Index:21.44, Glycemic Load:9.39, Inflammation Score:-5, Nutrition Score:19.626956291821%

Flavonoids

Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 497.83kcal (24.89%), Fat: 29.88g (45.97%), Saturated Fat: 11.13g (69.59%), Carbohydrates: 32.74g (10.91%), Net Carbohydrates: 27.97g (10.17%), Sugar: 15.43g (17.14%), Cholesterol: 95.48mg (31.83%), Sodium: 1061.12mg (46.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.79g (51.58%), Vitamin B12: 2.5µg (41.67%), Zinc: 6.15mg (41%), Selenium: 26.85µg (38.36%), Vitamin B6: 0.64mg (32.12%), Vitamin B3: 6.29mg (31.43%), Phosphorus: 299.98mg (30%), Vitamin C: 24.33mg (29.49%), Manganese: 0.58mg (29.21%), Potassium: 882.61mg (25.22%), Iron: 4.42mg (24.56%), Magnesium: 87.58mg (21.9%), Fiber: 4.77g (19.06%), Copper: 0.35mg (17.3%), Vitamin B2: 0.25mg (14.75%), Vitamin B1: 0.16mg (10.38%), Folate: 40.26µg (10.06%), Calcium: 97.6mg (9.76%), Vitamin B5: 0.88mg (8.81%), Vitamin E: 0.94mg (6.27%), Vitamin K: 4.95µg (4.72%), Vitamin A: 210.18IU (4.2%), Vitamin D: 0.17µg (1.15%)