



Slow-Cooker Homemade Baked Beans

 **Gluten Free**  **Dairy Free**

READY IN



375 min.

SERVINGS



15

CALORIES



143 kcal

SIDE DISH

Ingredients

- 4 slices oscar mayer bacon fully cooked chopped
- 1 cup original barbecue sauce kraft
- 45 oz pinto beans rinsed canned
- 0.3 cup brown sugar light packed
- 1 small onion chopped

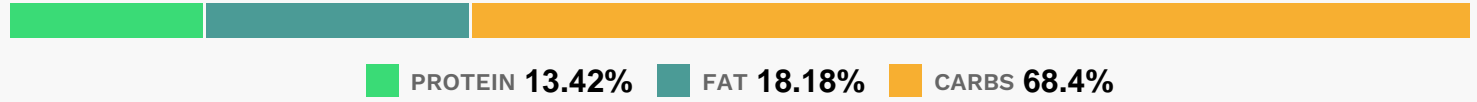
Equipment

- slow cooker

Directions

- Place all ingredients in slow cooker; mix well. Cover with lid.
- Cook on LOW 4 to 6 hours (or on HIGH 3 hours).

Nutrition Facts



Properties

Glycemic Index:4.8, Glycemic Load:4.15, Inflammation Score:-2, Nutrition Score:5.0186956719212%

Flavonoids

Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 142.8kcal (7.14%), Fat: 2.93g (4.51%), Saturated Fat: 0.89g (5.56%), Carbohydrates: 24.8g (8.27%), Net Carbohydrates: 20.63g (7.5%), Sugar: 10.95g (12.17%), Cholesterol: 3.87mg (1.29%), Sodium: 464.37mg (20.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.73%), Fiber: 4.16g (16.65%), Manganese: 0.3mg (15.17%), Phosphorus: 92.01mg (9.2%), Potassium: 302.27mg (8.64%), Magnesium: 32.05mg (8.01%), Iron: 1.43mg (7.96%), Copper: 0.16mg (7.88%), Folate: 21.72µg (5.43%), Calcium: 50.67mg (5.07%), Vitamin B6: 0.1mg (5%), Vitamin B1: 0.07mg (4.46%), Vitamin E: 0.66mg (4.42%), Zinc: 0.59mg (3.91%), Vitamin B3: 0.59mg (2.94%), Selenium: 1.49µg (2.13%), Vitamin K: 2.15µg (2.05%), Vitamin B5: 0.19mg (1.9%), Vitamin B2: 0.03mg (1.78%), Vitamin C: 1.06mg (1.28%)