



Slow-Cooker Pork 'n Beans

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

READY IN



615 min.

SERVINGS



15

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp heinz apple cider vinegar
- 1 bay leaf
- 0.5 lb navy beans dried (see tip)
- 2 tsp mustard dry
- 14.5 oz chicken broth fat-free reduced-sodium canned
- 3 cloves garlic minced
- 2 oz oscar mayer carving board slow ham cooked chopped
- 1 Tbsp olive oil

- 1 onion chopped
- 2 Tbsp pancake syrup
- 2 Tbsp heinz tomato ketchup
- 4 slices oscar mayer turkey bacon cut into 1-inch pieces

Equipment

- frying pan
- slow cooker

Directions

- Heat oil in large skillet on medium-high heat.
- Add onions and bacon; cook 5 min. or until onions are crisp-tender, stirring frequently. Stir in garlic.
- Add beans to slow cooker. Top with onion mixture and remaining ingredients; stir.
- Cook on LOW 10 hours (or on HIGH 5 hours). Discard bay leaf.
- Remove 1 cup beans; mash. Return to slow cooker; stir.

Nutrition Facts



Properties

Glycemic Index:6.47, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:5.4843478280565%

Flavonoids

Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 99.34kcal (4.97%), Fat: 3.03g (4.67%), Saturated Fat: 0.73g (4.54%), Carbohydrates: 12.91g (4.3%), Net Carbohydrates: 9.04g (3.29%), Sugar: 1.45g (1.61%), Cholesterol: 6.11mg (2.04%), Sodium: 266.69mg (11.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.31%), Fiber: 3.87g (15.47%), Folate: 57.82µg (14.45%), Manganese: 0.25mg (12.58%), Vitamin B1: 0.15mg (10.09%), Phosphorus: 96.01mg (9.6%), Magnesium: 30.81mg

(7.7%), Copper: 0.15mg (7.7%), Selenium: 4.8µg (6.86%), Potassium: 235.25mg (6.72%), Iron: 1.05mg (5.84%),
Vitamin B6: 0.12mg (5.79%), Zinc: 0.8mg (5.33%), Vitamin B3: 0.84mg (4.21%), Vitamin B2: 0.06mg (3.25%),
Calcium: 27.93mg (2.79%), Vitamin B5: 0.18mg (1.79%), Vitamin E: 0.24mg (1.59%), Vitamin B12: 0.09µg (1.54%),
Vitamin K: 1.33µg (1.26%), Vitamin C: 0.84mg (1.02%)