



## Slow-Cooker Three-Bean Beer Pot

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

READY IN



260 min.

SERVINGS



16

CALORIES



229 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 slices bacon uncooked cut into small pieces
- 1 cup onion chopped (1 large)
- 1 cup barbecue sauce
- 0.8 cup beer dark
- 0.3 cup brown sugar packed
- 30 oz black beans rinsed drained canned
- 30 oz pinto beans drained canned
- 19 oz cannellini beans drained canned

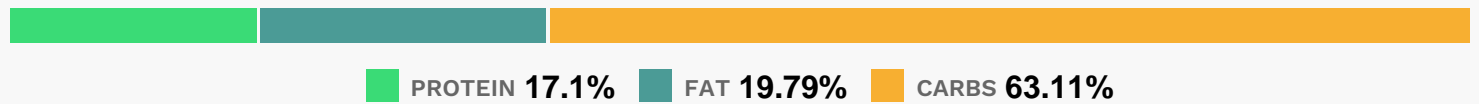
## Equipment

- frying pan
- slow cooker

## Directions

- In 10-inch skillet, cook bacon and onion over medium heat 7 to 10 minutes, stirring occasionally, until bacon is crisp; drain.
- Spray 3- to 4-quart slow cooker with cooking spray. In cooker, place bacon mixture and remaining ingredients; mix well.
- Cover; cook on Low heat setting 4 to 6 hours.

## Nutrition Facts



## Properties

Glycemic Index:8.97, Glycemic Load:4.61, Inflammation Score:-4, Nutrition Score:9.6300000898216%

## Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 228.77kcal (11.44%), Fat: 5.04g (7.75%), Saturated Fat: 1.6g (10.02%), Carbohydrates: 36.14g (12.05%), Net Carbohydrates: 28.08g (10.21%), Sugar: 10.33g (11.48%), Cholesterol: 7.26mg (2.42%), Sodium: 606.99mg (26.39%), Alcohol: 0.43g (100%), Alcohol %: 0.28% (100%), Protein: 9.79g (19.59%), Fiber: 8.06g (32.24%), Manganese: 0.51mg (25.3%), Folate: 70.02µg (17.5%), Iron: 3.01mg (16.69%), Phosphorus: 160.95mg (16.09%), Potassium: 548.68mg (15.68%), Magnesium: 58.93mg (14.73%), Copper: 0.29mg (14.49%), Vitamin B1: 0.17mg (11.6%), Calcium: 80.21mg (8.02%), Vitamin B6: 0.16mg (7.75%), Zinc: 1.14mg (7.61%), Vitamin B2: 0.11mg (6.42%), Vitamin B3: 1.13mg (5.66%), Selenium: 3.83µg (5.47%), Vitamin E: 0.76mg (5.07%), Vitamin B5: 0.34mg (3.44%), Vitamin C: 2.65mg (3.22%), Vitamin K: 2.45µg (2.34%)