



WHATSheATE



Smoked Sausage Baked Beans (Crowd Size)



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



24

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 110 ounces baked beans canned
- ☐ 1 tablespoon chili powder
- ☐ 1 tablespoon ground cumin
- ☐ 2 jalapeno seeded finely chopped
- ☐ 1 pound andouille smoked cubed fully cooked

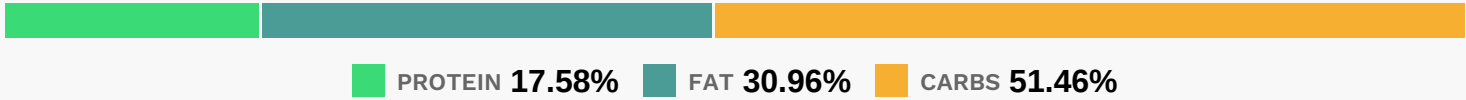
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 350F. In large bowl, mix all ingredients; spoon into ungreased 4-quart casserole.
- ☐ Bake uncovered 45 to 60 minutes or until thoroughly heated and bubbly.

Nutrition Facts



Properties

Glycemic Index:3.32, Glycemic Load:8.05, Inflammation Score:-4, Nutrition Score:9.3373913479888%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 196.84kcal (9.84%), Fat: 7.14g (10.99%), Saturated Fat: 2.53g (15.82%), Carbohydrates: 26.7g (8.9%), Net Carbohydrates: 19.38g (7.05%), Sugar: 0.08g (0.09%), Cholesterol: 22.51mg (7.5%), Sodium: 704.12mg (30.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.12g (18.25%), Fiber: 7.32g (29.29%), Manganese: 0.49mg (24.56%), Phosphorus: 163.1mg (16.31%), Zinc: 2.32mg (15.49%), Copper: 0.3mg (14.84%), Iron: 2.62mg (14.58%), Potassium: 451.08mg (12.89%), Selenium: 8.67µg (12.38%), Magnesium: 48.03mg (12.01%), Folate: 47.97µg (11.99%), Vitamin B1: 0.12mg (8.06%), Calcium: 73.76mg (7.38%), Vitamin B6: 0.13mg (6.41%), Vitamin B3: 1.26mg (6.28%), Vitamin B2: 0.09mg (5.07%), Vitamin C: 4mg (4.85%), Vitamin B12: 0.29µg (4.76%), Vitamin A: 114.58IU (2.29%), Vitamin B5: 0.22mg (2.2%), Vitamin D: 0.21µg (1.39%), Vitamin E: 0.18mg (1.18%)