



Smoky Baked Beans with Peaches



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



23 min.

SERVINGS



8

CALORIES



153 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup barbecue sauce (such as KC Masterpiece Original)
- ☐ 15.8 ounce cannellini beans rinsed drained canned
- ☐ 16 ounce pinto beans rinsed drained canned
- ☐ 0.8 cup onion finely chopped
- ☐ 4 ounce peaches in syrup light diced undrained (such as Del Monte)

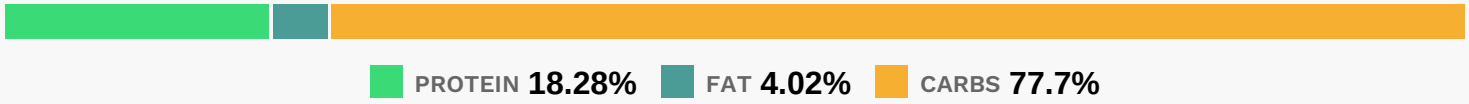
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐
- Heat a medium saucepan over medium heat; coat pan with cooking spray.
- ☐
- Add onion; saut 3 minutes or until tender. Stir in remaining ingredients. Cover and simmer over medium heat 10 minutes.

Nutrition Facts



Properties

Glycemic Index:14.03, Glycemic Load:3.5, Inflammation Score:-4, Nutrition Score:7.6078260826028%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 153.02kcal (7.65%), Fat: 0.7g (1.08%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 30.5g (10.17%), Net Carbohydrates: 24.52g (8.92%), Sugar: 8.34g (9.26%), Cholesterol: 0mg (0%), Sodium: 340.75mg (14.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.18g (14.35%), Fiber: 5.98g (23.92%), Manganese: 0.46mg (22.96%), Folate: 63.02µg (15.75%), Phosphorus: 139.35mg (13.94%), Magnesium: 52.22mg (13.06%), Potassium: 433.68mg (12.39%), Iron: 1.91mg (10.59%), Copper: 0.21mg (10.56%), Vitamin B1: 0.12mg (8.26%), Vitamin B6: 0.14mg (6.81%), Calcium: 66.24mg (6.62%), Zinc: 0.77mg (5.13%), Selenium: 2.9µg (4.14%), Vitamin E: 0.57mg (3.82%), Vitamin B2: 0.06mg (3.6%), Vitamin C: 2.92mg (3.54%), Vitamin B3: 0.65mg (3.24%), Vitamin B5: 0.3mg (3.02%), Vitamin K: 2µg (1.9%), Vitamin A: 86.55IU (1.73%)