



Smoky Stove-Top Beans



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



172 kcal

SIDE DISH

Ingredients

- ☐ 8.3 oz baked beans canned
- ☐ 1 tablespoon barbecue sauce
- ☐ 2 tablespoons bell pepper green finely chopped
- ☐ 0.3 cup tomatoes chopped
- ☐ 1 slice at least of turkey bacon cut into small slices

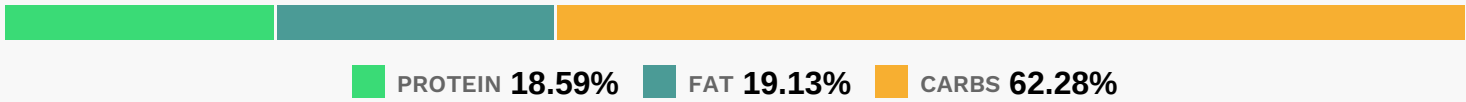
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In 1-quart saucepan, cook bacon over medium heat, stirring occasionally, until crisp.
- ☐ Remove bacon from saucepan, leaving drippings in pan. Cook bell pepper in bacon drippings, stirring occasionally, until tender.
- ☐ Reduce heat to medium-low. Stir in beans, tomato, barbecue sauce and bacon. Cook until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:45.33, Glycemic Load:7.49, Inflammation Score:-4, Nutrition Score:9.1278260415015%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 171.71kcal (8.59%), Fat: 3.88g (5.98%), Saturated Fat: 1.3g (8.12%), Carbohydrates: 28.46g (9.49%), Net Carbohydrates: 21.53g (7.83%), Sugar: 3.62g (4.02%), Cholesterol: 15.1mg (5.03%), Sodium: 738.36mg (32.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.49g (16.99%), Fiber: 6.93g (27.72%), Manganese: 0.47mg (23.42%), Phosphorus: 167.34mg (16.73%), Vitamin C: 12.43mg (15.07%), Copper: 0.29mg (14.34%), Potassium: 471.91mg (13.48%), Zinc: 1.99mg (13.26%), Iron: 2.29mg (12.7%), Folate: 46.88µg (11.72%), Magnesium: 46.15mg (11.54%), Selenium: 7.45µg (10.64%), Vitamin B6: 0.14mg (7%), Calcium: 68.66mg (6.87%), Vitamin B1: 0.08mg (5.38%), Vitamin B3: 0.98mg (4.9%), Vitamin B2: 0.07mg (4.27%), Vitamin A: 209.16IU (4.18%), Vitamin K: 2.81µg (2.68%), Vitamin E: 0.28mg (1.85%), Vitamin B5: 0.16mg (1.58%)