



## "Soda Jerk" Beans

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

READY IN



45 min.

SERVINGS



10

CALORIES



252 kcal

BEVERAGE

DRINK

### Ingredients

- 15 ounce black beans rinsed drained canned
- 15 ounce butter beans rinsed drained canned
- 15 ounce pinto beans rinsed drained canned
- 15 ounce frangelico diced drained canned
- 0.3 teaspoon ground pepper
- 0.5 cup coca-cola
- 2 teaspoons curry powder
- 0.5 cup t brown sugar dark packed ()

- 0.5 teaspoon savoury dried
- 0.5 teaspoon garlic powder
- 1 large bell pepper green chopped
- 2 cups finely-chopped ham cooked
- 0.5 cup lemon lime soda
- 1 large onion chopped
- 15 ounce baked beans rinsed drained canned
- 1 large bell pepper red chopped

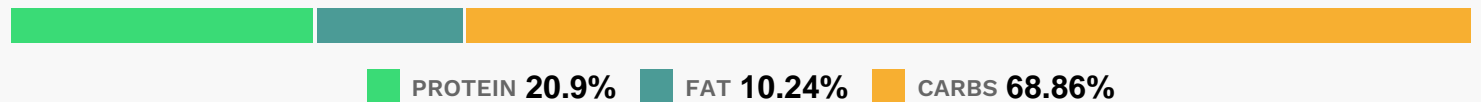
## Equipment

- pot

## Directions

- Place all ingredients in heavy large pot. Bring to boil over medium-high heat, stirring until sugar dissolves. Reduce heat to medium and simmer uncovered until juices are thick, stirring gently and frequently to prevent burning, about 20 minutes. Season with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:29.77, Glycemic Load:7.49, Inflammation Score:-8, Nutrition Score:15.800869630731%

## Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

## Nutrients (% of daily need)

Calories: 252.43kcal (12.62%), Fat: 2.97g (4.58%), Saturated Fat: 0.77g (4.84%), Carbohydrates: 45.01g (15%), Net Carbohydrates: 34.7g (12.62%), Sugar: 15.1g (16.78%), Cholesterol: 19.47mg (6.49%), Sodium: 864.01mg (37.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.66g (27.33%), Vitamin C: 42.94mg (52.05%), Fiber: 10.31g (41.24%), Manganese: 0.64mg (31.89%), Phosphorus: 244.12mg (24.41%), Folate: 86.28µg (21.57%), Iron: 3.5mg (19.45%), Copper: 0.37mg (18.67%), Potassium: 646.01mg (18.46%), Vitamin B1: 0.27mg (18.29%), Magnesium:

72.15mg (18.04%), Vitamin B6: 0.29mg (14.7%), Selenium: 9.28µg (13.26%), Zinc: 1.99mg (13.24%), Vitamin A: 601.17IU (12.02%), Vitamin B2: 0.17mg (9.8%), Vitamin B3: 1.77mg (8.86%), Calcium: 85.75mg (8.57%), Vitamin B5: 0.59mg (5.88%), Vitamin B12: 0.32µg (5.31%), Vitamin E: 0.67mg (4.46%), Vitamin K: 3.41µg (3.25%)