



## Southern Baked Beans

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



621 kcal

SIDE DISH

### Ingredients

- 0.5 pound bacon strips cut into 1/2-inch pieces
- 4 tablespoons catsup
- 1 tablespoon juice of lemon
- 0.3 cup brown sugar light
- 0.3 cup maple syrup
- 1 large onion diced
- 32 ounce pork and beans canned
- 3 tablespoons mustard yellow prepared

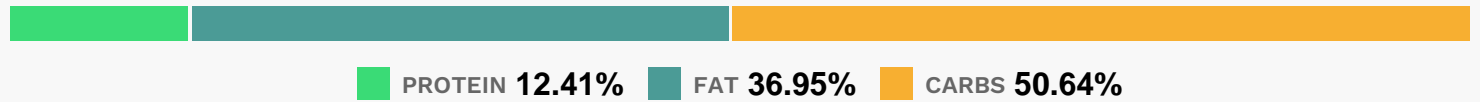
# Equipment

- oven
- dutch oven

# Directions

- Preheat oven to 350 degrees F.
- In a Dutch oven, mix onion, pork and beans, mustard, maple syrup, light brown sugar, ketchup, and lemon juice. Top with the bacon pieces.
- Bake, covered, for 45 to 60 minutes.

# Nutrition Facts



# Properties

Glycemic Index:34.54, Glycemic Load:19.78, Inflammation Score:-6, Nutrition Score:21.242608733799%

# Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg

# Nutrients (% of daily need)

Calories: 621.26kcal (31.06%), Fat: 26.46g (40.71%), Saturated Fat: 8.94g (55.91%), Carbohydrates: 81.58g (27.19%), Net Carbohydrates: 67.93g (24.7%), Sugar: 30.44g (33.82%), Cholesterol: 53.3mg (17.77%), Sodium: 1581.28mg (68.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20g (40%), Manganese: 1.41mg (70.36%), Fiber: 13.65g (54.61%), Selenium: 26.34µg (37.63%), Phosphorus: 354.36mg (35.44%), Zinc: 4.29mg (28.59%), Potassium: 994.27mg (28.41%), Copper: 0.55mg (27.71%), Vitamin B2: 0.43mg (25.34%), Magnesium: 100.7mg (25.18%), Iron: 4.52mg (25.12%), Folate: 91.8µg (22.95%), Vitamin B1: 0.33mg (22.07%), Vitamin B6: 0.38mg (18.99%), Vitamin B3: 3.65mg (18.25%), Calcium: 174.57mg (17.46%), Vitamin C: 9.42mg (11.42%), Vitamin B5: 0.65mg (6.51%), Vitamin B12: 0.28µg (4.72%), Vitamin E: 0.52mg (3.44%), Vitamin A: 106.89IU (2.14%), Vitamin D: 0.23µg (1.51%)