



Southwestern Bean Combo



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



146 kcal

SIDE DISH

Ingredients

- ☐ 2 slices bacon cut into 1/2-inch pieces
- ☐ 16 oz baked beans undrained canned
- ☐ 15 oz chili beans sauce undrained canned
- ☐ 0.5 teaspoon chili powder
- ☐ 0.3 cup bell pepper green chopped
- ☐ 1 medium onion chopped
- ☐ 0.5 cup salsa thick old el paso®

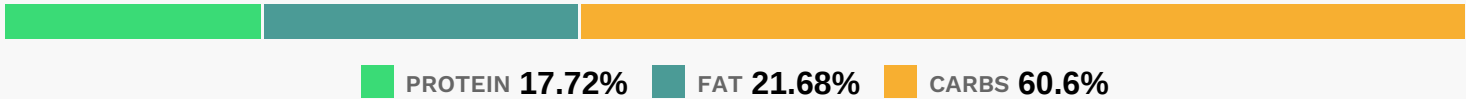
Equipment

☐ sauce pan

Directions

- ☐ In 2-quart saucepan, cook bacon over medium heat until crisp.
- ☐ Remove bacon from saucepan.
- ☐ Drain, reserving 1 tablespoon drippings in saucepan.
- ☐ Add bell pepper and onion to drippings in saucepan. Cook and stir over medium heat 2 to 3 minutes or until crisp-tender.
- ☐ Add bacon and remaining ingredients. Cook over medium heat until mixture just begins to boil, stirring frequently. Reduce heat; simmer 5 to 10 minutes or until hot.

Nutrition Facts



Properties

Glycemic Index:9.96, Glycemic Load:3.8, Inflammation Score:-4, Nutrition Score:8.1243477684%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 146.09kcal (7.3%), Fat: 3.66g (5.64%), Saturated Fat: 1.16g (7.27%), Carbohydrates: 23.05g (7.68%), Net Carbohydrates: 17.05g (6.2%), Sugar: 4.11g (4.57%), Cholesterol: 7.6mg (2.53%), Sodium: 765.86mg (33.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.74g (13.47%), Fiber: 6g (24%), Phosphorus: 161.51mg (16.15%), Potassium: 497.88mg (14.23%), Copper: 0.28mg (13.92%), Zinc: 2.02mg (13.49%), Vitamin B6: 0.25mg (12.63%), Manganese: 0.25mg (12.46%), Magnesium: 48.32mg (12.08%), Iron: 2.11mg (11.72%), Folate: 38µg (9.5%), Vitamin C: 7.11mg (8.62%), Vitamin B2: 0.12mg (6.89%), Selenium: 4.7µg (6.72%), Calcium: 55.39mg (5.54%), Vitamin B1: 0.08mg (5.43%), Vitamin B3: 0.9mg (4.5%), Vitamin A: 140.98IU (2.82%), Vitamin E: 0.4mg (2.67%), Vitamin B5: 0.14mg (1.43%), Vitamin K: 1.43µg (1.36%)