



Southwestern Calico Baked Beans

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

READY IN



75 min.

SERVINGS



20

CALORIES



206 kcal

SIDE DISH

Ingredients

- 12 oz pork sausage
- 60 oz baked beans drained canned
- 1 can kidney beans dark red drained (15)
- 15 oz blackeyed peas drained canned
- 9 oz baby lima beans frozen
- 1 cup salsa thick
- 1 oz taco seasoning

Equipment

frying pan

oven

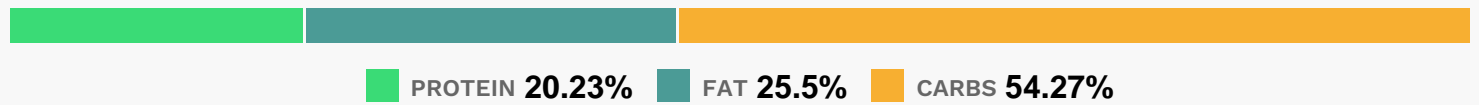
Directions

Heat oven to 350°F. In 10-inch skillet, cook sausage over medium heat, stirring frequently, until no longer pink; drain.

In 3-quart casserole, combine sausage and remaining ingredients; stir.

Bake uncovered 60 to 70 minutes or until hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:7.15, Glycemic Load:7.1, Inflammation Score:-5, Nutrition Score:10.726086943046%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 205.67kcal (10.28%), Fat: 6.09g (9.36%), Saturated Fat: 2.06g (12.87%), Carbohydrates: 29.15g (9.72%), Net Carbohydrates: 20.9g (7.6%), Sugar: 1.5g (1.67%), Cholesterol: 18.2mg (6.07%), Sodium: 667.66mg (29.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.86g (21.73%), Fiber: 8.25g (33%), Manganese: 0.57mg (28.64%), Folate: 95.35µg (23.84%), Phosphorus: 183.16mg (18.32%), Iron: 2.97mg (16.49%), Copper: 0.31mg (15.3%), Potassium: 505.67mg (14.45%), Zinc: 2.13mg (14.17%), Magnesium: 56.52mg (14.13%), Vitamin B1: 0.17mg (11.59%), Vitamin B6: 0.19mg (9.3%), Vitamin B3: 1.63mg (8.17%), Selenium: 5.06µg (7.23%), Calcium: 63.31mg (6.33%), Vitamin B2: 0.09mg (5.04%), Vitamin C: 4mg (4.85%), Vitamin A: 235.43IU (4.71%), Vitamin B5: 0.36mg (3.64%), Vitamin B12: 0.14µg (2.41%), Vitamin K: 2.03µg (1.93%), Vitamin E: 0.25mg (1.69%), Vitamin D: 0.22µg (1.47%)