



Speedy Baked Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



200 kcal

SIDE DISH

Ingredients

- ☐ 28 oz baked beans canned
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup onion finely chopped ()
- ☐ 0.3 cup catsup
- ☐ 1 teaspoon mustard yellow

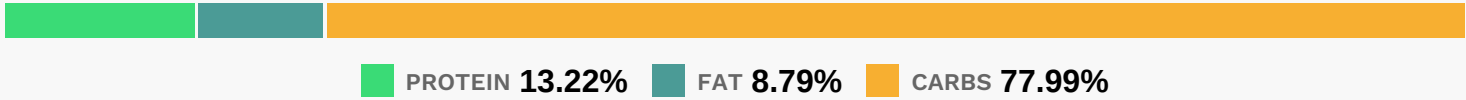
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 350°F. In 1 1/2-quart casserole, mix ingredients.
- ☐ Bake 30 to 40 minutes or until hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:16.94, Glycemic Load:8.32, Inflammation Score:-4, Nutrition Score:8.4539130744727%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 199.96kcal (10%), Fat: 2.1g (3.22%), Saturated Fat: 0.8g (4.99%), Carbohydrates: 41.84g (13.95%), Net Carbohydrates: 34.39g (12.5%), Sugar: 14.28g (15.87%), Cholesterol: 9.26mg (3.09%), Sodium: 651.27mg (28.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.19%), Fiber: 7.46g (29.82%), Manganese: 0.51mg (25.37%), Copper: 0.3mg (15.1%), Phosphorus: 148.8mg (14.88%), Iron: 2.4mg (13.32%), Potassium: 464.14mg (13.26%), Zinc: 1.97mg (13.13%), Folate: 49.97µg (12.49%), Magnesium: 48.45mg (12.11%), Selenium: 6.75µg (9.64%), Calcium: 83.82mg (8.38%), Vitamin B6: 0.11mg (5.7%), Vitamin B1: 0.08mg (5.06%), Vitamin C: 3.55mg (4.31%), Vitamin B2: 0.07mg (4.07%), Vitamin B3: 0.76mg (3.8%), Vitamin B5: 0.16mg (1.64%), Vitamin A: 52.03IU (1.04%)