

Spicy Baked Beans



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



12

CALORIES



481 kcal

SIDE DISH

Ingredients

- ☐ 56 ounce baked beans canned
- ☐ 3 cups barbecue sauce
- ☐ 1 teaspoon pepper black
- ☐ 0.5 cup t brown sugar dark packed
- ☐ 15 ounce black beans drained canned
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 pound sausage meat
- ☐ 15 ounce kidney beans dark light drained canned

- ☐ 1 onion chopped
- ☐ 0.3 cup mustard yellow

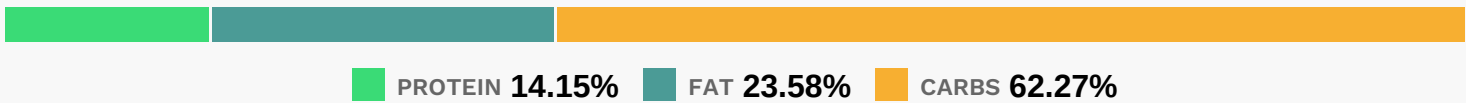
Equipment

- ☐ oven
- ☐ dutch oven

Directions

- ☐ Cook pork sausage in an ovenproof Dutch oven over medium-high heat, stirring until sausage crumbles and is no longer pink.
- ☐ Drain, reserving 2 teaspoons drippings in Dutch oven. Return sausage to Dutch oven, and stir in onion, next 8 ingredients, and, if desired, garlic powder.
- ☐ Bake at 350 for 45 minutes or until thickened and bubbly.

Nutrition Facts



Properties

Glycemic Index:20.47, Glycemic Load:10.17, Inflammation Score:-6, Nutrition Score:16.817391260811%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 481.42kcal (24.07%), Fat: 12.96g (19.94%), Saturated Fat: 4.22g (26.4%), Carbohydrates: 77.02g (25.67%), Net Carbohydrates: 64.33g (23.39%), Sugar: 33.76g (37.51%), Cholesterol: 36.48mg (12.16%), Sodium: 1811.42mg (78.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.5g (35.01%), Fiber: 12.69g (50.75%), Manganese: 0.82mg (40.88%), Phosphorus: 293.18mg (29.32%), Potassium: 906.95mg (25.91%), Copper: 0.5mg (24.76%), Iron: 4.43mg (24.62%), Zinc: 3.34mg (22.27%), Magnesium: 87.25mg (21.81%), Folate: 82.58µg (20.64%), Vitamin B1: 0.29mg (19.48%), Vitamin B3: 3.25mg (16.25%), Vitamin B6: 0.32mg (16.13%), Selenium: 9.93µg (14.19%), Calcium: 133.64mg (13.36%), Vitamin B2: 0.21mg (12.33%), Vitamin B5: 0.66mg (6.56%), Vitamin C: 5.34mg (6.48%), Vitamin B12: 0.32µg (5.35%), Vitamin E: 0.7mg (4.65%), Vitamin A: 229.38IU (4.59%), Vitamin D: 0.49µg (3.28%), Vitamin K: 3.35µg (3.19%)