



Spooky Eyeball Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 18 oz oven-baked beans
- 0.8 cup honey barbecue sauce sweet kraft
- 16 oz kidney beans rinsed drained canned
- 10 oz onions whole drained

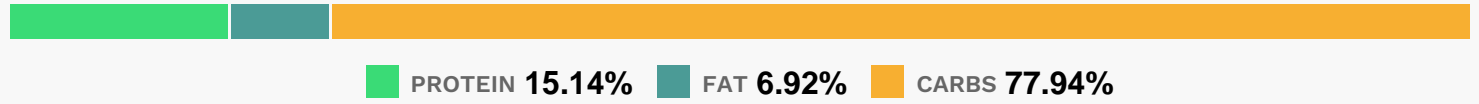
Equipment

- sauce pan

Directions

- Mix all ingredients in saucepan.
- Bring to boil on medium heat. Reduce heat to medium-low.
- Simmer 20 minutes or until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:4.06, Glycemic Load:2, Inflammation Score:-1, Nutrition Score:2.1647826005583%

Flavonoids

Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 46.36kcal (2.32%), Fat: 0.37g (0.57%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 9.44g (3.15%), Net Carbohydrates: 7.48g (2.72%), Sugar: 3.05g (3.39%), Cholesterol: 1.19mg (0.4%), Sodium: 183.15mg (7.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.67%), Fiber: 1.96g (7.85%), Manganese: 0.13mg (6.33%), Phosphorus: 38.57mg (3.86%), Potassium: 122.26mg (3.49%), Copper: 0.07mg (3.38%), Magnesium: 12.19mg (3.05%), Iron: 0.54mg (3.02%), Folate: 11.99µg (3%), Zinc: 0.37mg (2.47%), Vitamin B1: 0.03mg (2.07%), Vitamin B6: 0.04mg (1.98%), Calcium: 17.93mg (1.79%), Selenium: 1.11µg (1.58%), Vitamin C: 1.2mg (1.46%), Vitamin B2: 0.02mg (1.36%), Vitamin B3: 0.2mg (1.02%)