



Sue and Gloria's Baked Beans

 Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



12

CALORIES



417 kcal

SIDE DISH

Ingredients

- 64 ounce baked beans canned
- 1 cup bbq sauce
- 2 tablespoon brown mustard yellow
- 20 ounce pineapple crushed drained canned
- 5 slices bacon crumbled cooked
- 6 ounce french-fried onions crushed canned
- 1 cup blackstrap molasses
- 12 servings salt and pepper black freshly ground

Equipment

- bowl
- oven
- casserole dish

Directions

- Watch how to make this recipe.
- Preheat oven to 350 degrees F.
- In large bowl, mix together beans, pineapple, molasses, BBQ sauce, mustard, 1/4 of the bacon, and 1/4 of the onions.
- Add some salt and pepper, to taste.
- Pour beans in 9- by 13-inch casserole dish and sprinkle remaining crushed onions and bacon on top. Cook in oven for 1 hour or until beans brown and bubble.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:9.89, Glycemic Load:18.59, Inflammation Score:-6, Nutrition Score:15.170869514994%

Nutrients (% of daily need)

Calories: 417.19kcal (20.86%), Fat: 10.76g (16.55%), Saturated Fat: 4.28g (26.76%), Carbohydrates: 74.4g (24.8%), Net Carbohydrates: 65.19g (23.71%), Sugar: 35.65g (39.61%), Cholesterol: 13.88mg (4.63%), Sodium: 1056.44mg (45.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.51g (19.02%), Manganese: 1.03mg (51.36%), Fiber: 9.21g (36.84%), Magnesium: 131.99mg (33%), Potassium: 1011.52mg (28.9%), Copper: 0.54mg (26.83%), Iron: 4.25mg (23.63%), Selenium: 14.99µg (21.42%), Phosphorus: 195.92mg (19.59%), Vitamin B6: 0.36mg (17.88%), Zinc: 2.5mg (16.67%), Calcium: 154.83mg (15.48%), Folate: 57.83µg (14.46%), Vitamin B1: 0.17mg (11.12%), Vitamin C: 7.63mg (9.25%), Vitamin B3: 1.58mg (7.9%), Vitamin B2: 0.09mg (5.3%), Vitamin B5: 0.46mg (4.57%), Vitamin A: 78.89IU (1.58%), Vitamin E: 0.23mg (1.55%)