



Sweet-and-Sour Baked Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



288 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup cider vinegar
- ☐ 6 bacon crumbled cooked drained
- ☐ 1 tablespoon mustard dry
- ☐ 0.8 cup catsup
- ☐ 0.3 cup maple syrup pure
- ☐ 2 cups onion chopped
- ☐ 48 ounce kidney beans light red rinsed drained canned

☐ 0.3 cup water

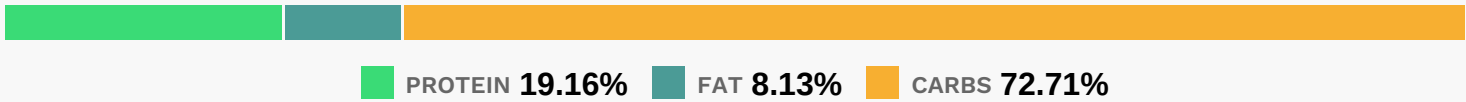
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Saute onion in a large nonstick skillet coated with cooking spray over medium-high heat 4 minutes or until tender.
- ☐ Place onion and remaining ingredients in a 3 1/2- to 4-quart electric slow cooker; stir well. Cover with lid; cook on low-heat setting 6 hours.

Nutrition Facts



Properties

Glycemic Index:13.48, Glycemic Load:9.88, Inflammation Score:-6, Nutrition Score:15.359130418819%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 15.93mg, Quercetin: 15.93mg, Quercetin: 15.93mg, Quercetin: 15.93mg

Nutrients (% of daily need)

Calories: 287.92kcal (14.4%), Fat: 2.67g (4.11%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 53.71g (17.9%), Net Carbohydrates: 42.95g (15.62%), Sugar: 19.24g (21.38%), Cholesterol: 4.75mg (1.58%), Sodium: 251.61mg (10.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.16g (28.31%), Manganese: 0.99mg (49.64%), Folate: 185.81µg (46.45%), Fiber: 10.75g (43.01%), Iron: 4.32mg (23.98%), Phosphorus: 232.38mg (23.24%), Potassium: 713.08mg (20.37%), Copper: 0.37mg (18.58%), Magnesium: 74.12mg (18.53%), Vitamin B1: 0.27mg (18.27%), Vitamin B2: 0.27mg (15.69%), Vitamin B6: 0.26mg (13.08%), Zinc: 1.81mg (12.07%), Vitamin K: 12.14µg (11.56%), Selenium: 5.9µg (8.43%), Vitamin B3: 1.63mg (8.17%), Calcium: 68.93mg (6.89%), Vitamin C: 4.79mg (5.8%), Vitamin B5: 0.42mg (4.16%), Vitamin E: 0.37mg (2.44%), Vitamin A: 94.97IU (1.9%)