



## Sweet and Sour Beans

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



401 kcal

SIDE DISH

### Ingredients

- 1 pound bacon
- 30 ounce baked beans canned
- 1 cup brown sugar packed
- 15 ounce shell beans canned
- 15 ounce kidney beans drained canned
- 15 ounce lima beans \*soaked overnight drained canned
- 0.5 teaspoon mustard dry hot
- 1 teaspoon garlic powder

- 3 onions chopped
- 0.5 cup citrus champagne vinegar

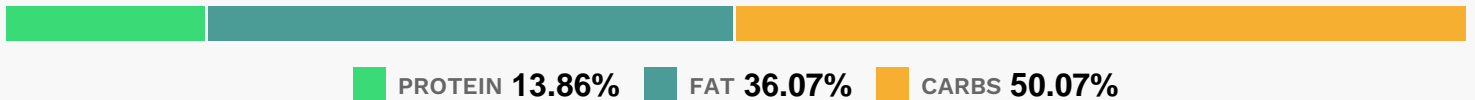
## Equipment

- frying pan
- pot
- slow cooker

## Directions

- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain, crumble and set aside. Reserve 2 tablespoons bacon fat.
- Add onions to fat in pan, and saute until soft. Stir in garlic powder, dry mustard, wine vinegar, and brown sugar. Simmer for 20 minutes.
- In a large pot or slow cooker combine bacon and onion mixture with the kidney beans, lima beans, butter beans, and baked beans.
- Mix together, and simmer for 70 minutes.

## Nutrition Facts



## Properties

Glycemic Index:16.56, Glycemic Load:9.29, Inflammation Score:-5, Nutrition Score:12.941304291072%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

## Nutrients (% of daily need)

Calories: 401.25kcal (20.06%), Fat: 16.41g (25.24%), Saturated Fat: 5.52g (34.49%), Carbohydrates: 51.26g (17.09%), Net Carbohydrates: 41.58g (15.12%), Sugar: 19.62g (21.8%), Cholesterol: 29.91mg (9.97%), Sodium: 879.69mg (38.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.18g (28.37%), Fiber: 9.68g (38.71%), Manganese: 0.68mg (33.83%), Phosphorus: 232.21mg (23.22%), Selenium: 15.1µg (21.57%), Folate: 75.83µg (18.96%), Iron:

3.34mg (18.56%), Copper: 0.37mg (18.51%), Magnesium: 72.2mg (18.05%), Potassium: 613.92mg (17.54%), Vitamin B1: 0.23mg (15.52%), Zinc: 2.23mg (14.86%), Vitamin B6: 0.28mg (14.19%), Vitamin B3: 2.26mg (11.28%), Calcium: 87.17mg (8.72%), Vitamin B2: 0.11mg (6.67%), Vitamin B5: 0.57mg (5.71%), Vitamin C: 3.79mg (4.6%), Vitamin B12: 0.19µg (3.15%), Vitamin K: 1.57µg (1.49%), Vitamin E: 0.18mg (1.21%), Vitamin D: 0.15µg (1.01%)