



Texas-Style Baked Beans



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



12

CALORIES



347 kcal

SIDE DISH

Ingredients



64 ounce baked beans with pork canned



1 cup barbeque sauce



0.5 cup brown sugar



4 ounce chile peppers green canned chopped



1 tablespoon chili powder



1 tablespoon garlic powder



1 pound ground beef



3 tablespoons pepper sauce hot

☐

1 small vidalia onion peeled chopped

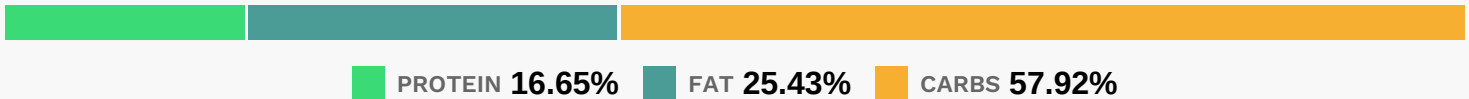
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ In a skillet over medium heat, brown the ground beef until no longer pink; drain fat, and set aside.
- ☐ In a 3 1/2 quart or larger slow cooker, combine the ground beef, baked beans, green chiles, onion and barbeque sauce. Season with brown sugar, garlic powder, chili powder and hot pepper sauce. Cook on HIGH for 2 hours, or low for 4 to 5 hours.

Nutrition Facts



Properties

Glycemic Index:3.97, Glycemic Load:9.37, Inflammation Score:-6, Nutrition Score:14.453913020051%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 347.36kcal (17.37%), Fat: 10.21g (15.71%), Saturated Fat: 3.84g (23.99%), Carbohydrates: 52.33g (17.44%), Net Carbohydrates: 43.09g (15.67%), Sugar: 18.29g (20.33%), Cholesterol: 37.42mg (12.47%), Sodium: 1036.29mg (45.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.05g (30.1%), Fiber: 9.24g (36.96%), Manganese: 0.63mg (31.3%), Zinc: 3.93mg (26.18%), Phosphorus: 241.75mg (24.18%), Iron: 3.89mg (21.6%), Potassium: 705.88mg (20.17%), Copper: 0.4mg (19.81%), Selenium: 13.66µg (19.51%), Folate: 69.79µg (17.45%), Magnesium: 66.29mg (16.57%), Vitamin B6: 0.32mg (15.89%), Vitamin B12: 0.81µg (13.48%), Vitamin B3: 2.61mg (13.06%), Vitamin C: 10.17mg (12.32%), Calcium: 114.32mg (11.43%), Vitamin B2: 0.14mg (8.53%), Vitamin B1: 0.12mg (7.99%), Vitamin A: 268.5IU (5.37%), Vitamin B5: 0.44mg (4.42%), Vitamin E: 0.61mg (4.09%), Vitamin K: 1.98µg (1.88%)