



## Texas-Style Barbecued Beans

 **Gluten Free**  **Dairy Free**

READY IN



**375 min.**

SERVINGS



**24**

CALORIES



**219 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 6 slices bacon
- 62 oz great northern beans rinsed drained canned
- 60 oz black beans rinsed drained canned
- 4 garlic clove minced
- 0.8 cup onion finely chopped
- 1.5 cups catsup
- 0.5 cup brown sugar packed
- 0.5 cup barbecue sauce

- 2 tablespoons mustard prepared
- 2 tablespoons worcestershire sauce
- 3 teaspoons chili powder
- 0.5 teaspoon sauce of the chicken from the turbo broiler

## Equipment

- frying pan
- paper towels
- slow cooker

## Directions

- Cook bacon in large skillet over medium heat until crisp.
- Remove bacon from skillet; drain on paper towels.
- In 4 to 5-quart slow cooker, combine all remaining ingredients; mix gently. Crumble bacon; sprinkle over bean mixture.
- Cover; cook on low setting for 4 to 6 hours.

## Nutrition Facts



## Properties

Glycemic Index:3.71, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:10.869130505168%

## Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

## Nutrients (% of daily need)

Calories: 219.04kcal (10.95%), Fat: 2.81g (4.33%), Saturated Fat: 0.89g (5.56%), Carbohydrates: 39.33g (13.11%), Net Carbohydrates: 30.52g (11.1%), Sugar: 10.01g (11.13%), Cholesterol: 3.63mg (1.21%), Sodium: 549.9mg (23.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.75g (21.5%), Fiber: 8.81g (35.25%), Folate: 105.31µg (26.33%), Manganese: 0.51mg (25.71%), Phosphorus: 194.51mg (19.45%), Magnesium: 67.74mg (16.93%), Potassium: 575.7mg

(16.45%), Iron: 2.8mg (15.55%), Vitamin B1: 0.23mg (15.3%), Copper: 0.28mg (14.22%), Vitamin B2: 0.17mg (9.92%), Vitamin B6: 0.18mg (8.98%), Selenium: 5.85µg (8.35%), Calcium: 77.1mg (7.71%), Zinc: 1mg (6.64%), Vitamin B3: 1.31mg (6.54%), Vitamin C: 4.23mg (5.13%), Vitamin B5: 0.4mg (4.03%), Vitamin A: 171.44IU (3.43%), Vitamin E: 0.39mg (2.62%)