



Three-Bean Barbecue

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

READY IN



80 min.

SERVINGS



20

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 slice oscar mayer bacon
- 16 oz baked beans canned
- 0.8 cup bull's-eye original barbecue sauce
- 15 oz shell beans rinsed canned
- 15 oz kidney beans rinsed canned
- 0.5 tsp mustard dry
- 1 onion chopped

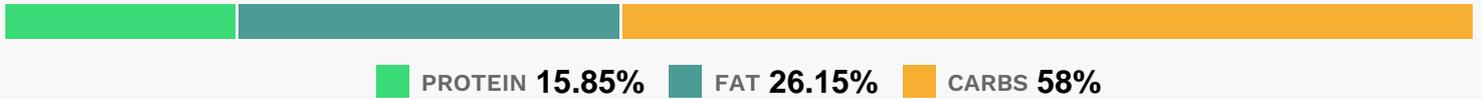
Equipment

- frying pan
- paper towels
- oven

Directions

- Heat oven to 350F.
- Cook bacon in skillet on medium heat until crisp.
- Remove bacon from skillet; drain on paper towels. Discard all but 2 Tbsp. drippings from skillet.
- Add onions to reserved drippings; cook and stir on medium heat 3 to 5 min. or until crisp-tender. Spoon into 1-1/2-qt. casserole sprayed with cooking spray.
- Crumble bacon.
- Add to onions in casserole along with remaining ingredients; mix well. Cover.
- Bake 1 hour or until heated through.

Nutrition Facts



Properties

Glycemic Index:7.88, Glycemic Load:3.34, Inflammation Score:-2, Nutrition Score:4.3299999677617%

Flavonoids

Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 106.48kcal (5.32%), Fat: 3.17g (4.88%), Saturated Fat: 1.05g (6.53%), Carbohydrates: 15.85g (5.28%), Net Carbohydrates: 12.25g (4.46%), Sugar: 4.19g (4.66%), Cholesterol: 5.94mg (1.98%), Sodium: 374.15mg (16.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Fiber: 3.59g (14.36%), Manganese: 0.24mg (12.17%), Phosphorus: 76.42mg (7.64%), Copper: 0.13mg (6.56%), Folate: 25.66µg (6.42%), Iron: 1.15mg (6.38%), Magnesium: 25.3mg (6.33%), Potassium: 218.49mg (6.24%), Selenium: 3.85µg (5.51%), Zinc: 0.71mg (4.73%), Vitamin B1: 0.07mg (4.66%), Vitamin B6: 0.08mg (4.16%), Vitamin B3: 0.6mg (3%), Calcium: 27.92mg (2.79%), Vitamin B2: 0.04mg (2.53%), Vitamin B5: 0.17mg (1.67%), Vitamin C: 1.1mg (1.33%), Vitamin K: 1.09µg (1.04%)