



Three-Bean Barbecue Bake



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



640 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup firmly brown sugar packed
- ☐ 16 ounce cannellini beans drained canned
- ☐ 16 ounce lima beans *soaked overnight drained canned
- ☐ 1 tablespoon cider vinegar
- ☐ 1 teaspoon mustard dry
- ☐ 2 cloves garlic minced
- ☐ 1 cup bell pepper green chopped
- ☐ 0.8 cup catsup low-sodium

- ☐ 16 ounce no-salt-added kidney beans drained canned
- ☐ 0.3 cup blackstrap molasses
- ☐ 1.5 cups onion chopped
- ☐ 1 cup bell pepper sweet red chopped
- ☐ 2 teaspoons vegetable oil

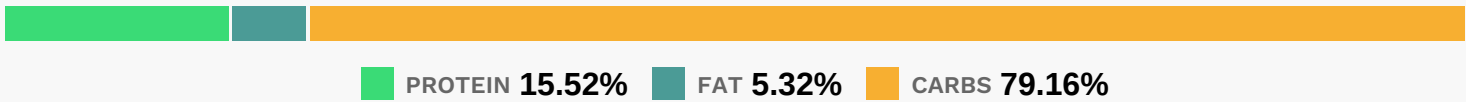
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion, peppers, and garlic; saute 5 minutes or until tender. Stir in ketchup and next 4 ingredients; bring to a boil. Stir in beans.
- ☐ Pour mixture into an 11- x 7- x 1 1/2-inch baking dish coated with cooking spray.
- ☐ Bake, uncovered, at 325 for 55 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:62.57, Glycemic Load:18.48, Inflammation Score:-10, Nutrition Score:37.849999925365%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 21.24mg, Quercetin: 21.24mg, Quercetin: 21.24mg, Quercetin: 21.24mg

Nutrients (% of daily need)

Calories: 640.49kcal (32.02%), Fat: 3.94g (6.06%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 131.89g (43.96%), Net Carbohydrates: 109.84g (39.94%), Sugar: 57.42g (63.8%), Cholesterol: 0mg (0%), Sodium: 816.98mg (35.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.86g (51.71%), Vitamin C: 87.25mg (105.76%), Manganese: 2.01mg (100.54%), Fiber: 22.05g (88.22%), Folate: 333.41µg (83.35%), Magnesium: 228.99mg (57.25%), Potassium: 1818.86mg (51.97%), Iron: 9.01mg (50.03%), Phosphorus: 459.76mg (45.98%), Copper: 0.88mg (43.8%), Vitamin B6: 0.87mg (43.37%), Vitamin B1: 0.5mg (33.03%), Vitamin A: 1536.46IU (30.73%), Selenium: 17.1µg (24.43%), Calcium: 212.86mg (21.29%), Zinc: 3.13mg (20.84%), Vitamin K: 19.89µg (18.94%), Vitamin B2: 0.31mg (18.16%), Vitamin B3: 2.99mg (14.96%), Vitamin B5: 1.33mg (13.27%), Vitamin E: 1.64mg (10.93%)