



 **38%**
HEALTH SCORE

Three Bean Burger Bake

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

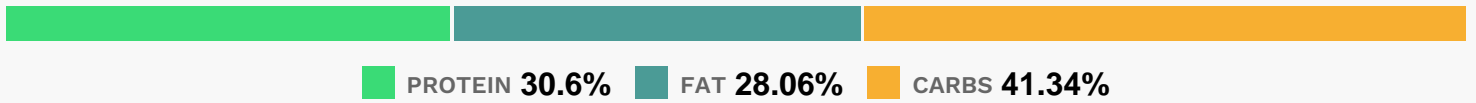
Ingredients

- 3 slices bacon cut into 1-in . pieces
- 16 ounce baked beans canned
- 16 ounce garbanzo beans drained canned
- 0.3 cup catsup
- 0.5 teaspoon basil dried
- 2 tablespoons flour all-purpose
- 16 ounce green beans drained canned
- 1 lb ground beef lean

- 1 tablespoon mustard prepared
- 1 small onion chopped
- 0.5 teaspoon oregano dried
- 0.3 teaspoon pepper
- 1 teaspoon salt

Equipment

Nutrition Facts



Properties

Glycemic Index:75, Glycemic Load:15.86, Inflammation Score:-9, Nutrition Score:35.393913043478%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6.78mg, Quercetin: 6.78mg, Quercetin: 6.78mg, Quercetin: 6.78mg

Nutrients (% of daily need)

Calories: 518.66kcal (25.93%), Fat: 16.65g (25.62%), Saturated Fat: 5.75g (35.91%), Carbohydrates: 55.2g (18.4%), Net Carbohydrates: 40.12g (14.59%), Sugar: 7.71g (8.57%), Cholesterol: 89.13mg (29.71%), Sodium: 1735.22mg (75.44%), Protein: 40.86g (81.72%), Manganese: 1.72mg (85.79%), Vitamin B6: 1.31mg (65.54%), Fiber: 15.08g (60.31%), Zinc: 8.8mg (58.67%), Phosphorus: 522.55mg (52.26%), Vitamin K: 53.59µg (51.04%), Selenium: 34.09µg (48.7%), Vitamin B3: 8.88mg (44.38%), Vitamin B12: 2.62µg (43.71%), Iron: 7.8mg (43.34%), Potassium: 1263.55mg (36.1%), Magnesium: 132.57mg (33.14%), Folate: 125.07µg (31.27%), Copper: 0.62mg (31.19%), Vitamin B2: 0.43mg (25.16%), Vitamin C: 18.15mg (22%), Vitamin B1: 0.33mg (21.89%), Vitamin A: 891.39IU (17.83%), Calcium: 169.68mg (16.97%), Vitamin B5: 1.59mg (15.89%), Vitamin E: 1.15mg (7.68%), Vitamin D: 0.18µg (1.2%)