



Tropical Island Baked Beans

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



318 kcal

SIDE DISH

Ingredients

- 56 ounce baked beans original® canned (such as Bush's)
- 0.3 cup brown sugar
- 20 ounce pineapple crushed canned
- 1 tablespoon ground mustard
- 0.8 cup catsup
- 1 pound sausage smoked sliced

Equipment

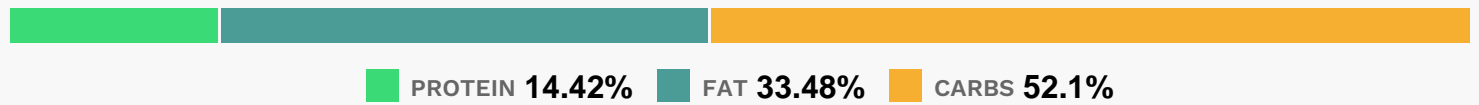
- oven

casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Drain pineapple reserving 1/3 cup juice.
- Combine ketchup, reserved pineapple juice, brown sugar, and ground mustard in a large casserole dish. Stir baked beans, sausage, and crushed pineapple into the ketchup mixture.
- Bake in preheated oven until heated through, 30 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:3.56, Glycemic Load:8.18, Inflammation Score:-4, Nutrition Score:12.124782541524%

Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 317.89kcal (15.89%), Fat: 12.37g (19.03%), Saturated Fat: 4.29g (26.81%), Carbohydrates: 43.32g (14.44%), Net Carbohydrates: 35.31g (12.84%), Sugar: 14.42g (16.02%), Cholesterol: 36.1mg (12.03%), Sodium: 1006.13mg (43.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.98g (23.97%), Fiber: 8.01g (32.03%), Manganese: 0.52mg (26.18%), Phosphorus: 195.55mg (19.55%), Zinc: 2.84mg (18.92%), Copper: 0.38mg (18.82%), Selenium: 12.73µg (18.19%), Potassium: 591.38mg (16.9%), Iron: 2.9mg (16.1%), Magnesium: 61.13mg (15.28%), Vitamin B1: 0.22mg (14.86%), Folate: 53.84µg (13.46%), Vitamin B3: 2.19mg (10.96%), Vitamin B6: 0.21mg (10.61%), Vitamin B12: 0.57µg (9.51%), Vitamin C: 7.74mg (9.39%), Vitamin B2: 0.15mg (8.88%), Calcium: 87.93mg (8.79%), Vitamin B5: 0.32mg (3.16%), Vitamin D: 0.42µg (2.77%), Vitamin A: 100.76IU (2.02%), Vitamin E: 0.26mg (1.72%)