



## Western-Style Baked Beans

 Gluten Free  Dairy Free

READY IN



205 min.

SERVINGS



8

CALORIES



707 kcal

SIDE DISH

### Ingredients

- 56 ounce baked beans with pork canned
- 0.3 cup brown sugar packed
- 1 tablespoon chili powder
- 1 pound bacon crumbled cooked
- 0.5 pound finely-chopped ham cooked chopped
- 1 pound ground beef
- 0.3 cup catsup
- 1 tablespoon blackstrap molasses

2 tablespoons onion minced

## Equipment

frying pan

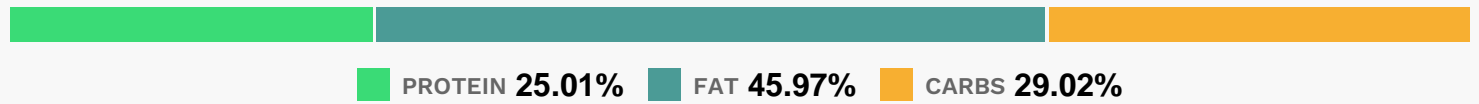
slow cooker

## Directions

Crumble the ground beef in a large skillet over medium-high heat. Cook and stir until no longer pink, 5 to 10 minutes.

Drain off grease and transfer the beef to a 4 quart or larger slow cooker. Stir in the baked beans, bacon, ham, onion, chili powder, ketchup, brown sugar and molasses. If it seems thick, stir in the water. Cover and cook on High for 3 hours or cook for 6 to 8 hours on Low.

## Nutrition Facts



## Properties

Glycemic Index:14.21, Glycemic Load:13.14, Inflammation Score:-6, Nutrition Score:28.928260673647%

## Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

## Nutrients (% of daily need)

Calories: 706.73kcal (35.34%), Fat: 36.63g (56.36%), Saturated Fat: 12.85g (80.33%), Carbohydrates: 52.03g (17.34%), Net Carbohydrates: 40.7g (14.8%), Sugar: 10.31g (11.46%), Cholesterol: 130.97mg (43.66%), Sodium: 2226.91mg (96.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.85g (89.69%), Selenium: 52.99µg (75.7%), Phosphorus: 613.4mg (61.34%), Vitamin B3: 10.5mg (52.51%), Zinc: 7.7mg (51.36%), Fiber: 11.33g (45.31%), Manganese: 0.82mg (40.91%), Vitamin B1: 0.6mg (40.19%), Vitamin B12: 2.23µg (37.19%), Vitamin B6: 0.74mg (37.07%), Potassium: 1218.75mg (34.82%), Iron: 5.62mg (31.25%), Copper: 0.59mg (29.29%), Magnesium: 110.02mg (27.51%), Vitamin B2: 0.38mg (22.41%), Folate: 77.76µg (19.44%), Vitamin B5: 1.41mg (14.09%), Calcium: 139.15mg (13.92%), Vitamin C: 11.07mg (13.42%), Vitamin A: 356IU (7.12%), Vitamin E: 0.96mg (6.41%), Vitamin K: 2.31µg (2.2%), Vitamin D: 0.28µg (1.89%)