



Zarda Bar-B-Q Creeper Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



224 kcal

SIDE DISH

Ingredients

- 0.5 cup spicy barbeque sauce such as zarda bold and spicy bar-b-q sauce
- 2 tablespoons cayenne pepper
- 0.3 cup brown sugar dark packed
- 1 habanero pepper diced
- 1 jalapeno diced
- 2 tablespoons onion chopped
- 28 ounce pork and beans canned

Equipment

oven

dutch oven

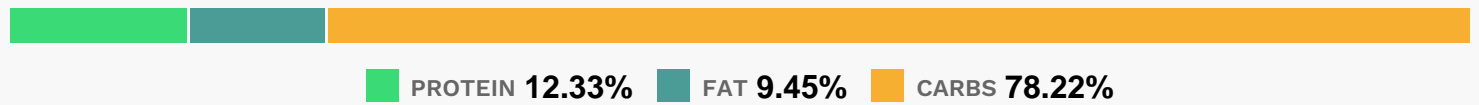
Directions

Preheat the oven to 350 degrees F.

In a Dutch oven, combine the pork and beans, barbeque sauce, brown sugar and onions, and stir until well blended. Fold in the cayenne pepper, habanero and jalapeno peppers. Stir.

Bake, covered, for 60 to 75 minutes.

Nutrition Facts



Properties

Glycemic Index:29.78, Glycemic Load:8.49, Inflammation Score:-7, Nutrition Score:10.429130471271%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 224.04kcal (11.2%), Fat: 2.51g (3.86%), Saturated Fat: 0.86g (5.39%), Carbohydrates: 46.72g (15.57%), Net Carbohydrates: 38.63g (14.05%), Sugar: 17.3g (19.22%), Cholesterol: 9.26mg (3.09%), Sodium: 796.62mg (34.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.36g (14.72%), Fiber: 8.09g (32.36%), Manganese: 0.56mg (27.83%), Copper: 0.32mg (15.83%), Vitamin A: 787.97IU (15.76%), Phosphorus: 155.19mg (15.52%), Potassium: 525.87mg (15.02%), Iron: 2.63mg (14.59%), Zinc: 2.03mg (13.53%), Magnesium: 52.5mg (13.13%), Folate: 51.61µg (12.9%), Vitamin C: 9.47mg (11.48%), Selenium: 6.82µg (9.74%), Calcium: 89.34mg (8.93%), Vitamin B6: 0.17mg (8.47%), Vitamin B1: 0.08mg (5.65%), Vitamin E: 0.78mg (5.22%), Vitamin B2: 0.08mg (4.88%), Vitamin B3: 0.94mg (4.72%), Vitamin K: 2.45µg (2.33%), Vitamin B5: 0.2mg (1.98%)