

# Memorial Day and Fourth of July Baked Beans

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/4th-july-side-dishes-recipe>

## Ingredients:

- 27 ounces kidney beans can of, drained and washed
- 15 ounces pork and beans can of
- 1/2 cup barbecue sauce
- 2 tablespoons brown sugar
- 2 teaspoons prepared mustard
- 1 tablespoon minced onions

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 59 grams
3. Cholesterol: 5 milligrams
4. Fat: 4 grams
5. Fiber: 7 grams
6. Protein: 15 grams
7. SaturatedFat: 1 grams
8. Sodium: 1200 milligrams
9. Sugar: 21 grams

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