

Southern Baked Beans Quintet

Yield: 8 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-red-kidney-beans-recipe>

Ingredients:

- 10 slices bacon
- 1 cup chopped onion
- 1 tablespoon garlic
- 16 ounces butter beans drained
- 16 ounces red kidney beans drained
- 16 ounces pork and beans
- 16 ounces black bean drained
- 16 ounces lima beans drained
- 3/4 cup ketchup
- 3 tablespoons yellow mustard
- 5 tablespoons maple syrup or pancake syrup
- pepper to taste

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 91 grams
3. Cholesterol: 30 milligrams
4. Fat: 18 grams
5. Fiber: 22 grams
6. Protein: 30 grams
7. SaturatedFat: 6 grams
8. Sodium: 1030 milligrams
9. Sugar: 20 grams

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