

# Baked Beans with Turkey Bacon

Publix Family Style Magazine  
[www.publix.com/familystyle](http://www.publix.com/familystyle)

## Servings: 8

6 ounces turkey bacon, cut into one-inch pieces  
2 teaspoons olive oil  
1 medium onion, chopped  
1 can (31 ounce) pork and beans in tomato sauce  
1 can (15 ounce) cannellini beans, rinsed and drained  
1 medium baking apple, peeled, cored and chopped  
1/4 cup ketchup  
1/4 cup apple cider  
1 tablespoon packed brown sugar  
1/2 teaspoon dry mustard  
1/4 teaspoon chili powder

## Preparation Time: 30 minutes

### Bake: 50 minutes

Preheat the oven to 350 degrees.

In a large skillet, cook the bacon over medium heat until crisp. Drain the bacon pieces on paper towels.

Add olive oil and the onion to the skillet. Cook about 5 minutes or until tender.

In a greased two-quart casserole, combine the pork and beans, cannellini beans, half of the bacon, the onion, apple, ketchup, apple cider, brown sugar, mustard and chili powder.

Bake, uncovered, for 50 to 60 minutes or until heated through and the desired consistency.

Stir gently before serving. Top with the remaining bacon.

---

Per Serving (excluding unknown items): 170 Calories; 6g Fat (28.8% calories from fat); 9g Protein; 21g Carbohydrate; 4g Dietary Fiber; 19mg Cholesterol; 375mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.

## Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	170	Vitamin B6 (mg):	.1mg
% Calories from Fat:	28.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	49.4%	Thiamin B1 (mg):	.1mg

% Calories from Protein:	21.8%
Total Fat (g):	6g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	19mg
Carbohydrate (g):	21g
Dietary Fiber (g):	4g
Protein (g):	9g
Sodium (mg):	375mg
Potassium (mg):	573mg
Calcium (mg):	76mg
Iron (mg):	3mg
Zinc (mg):	2mg
Vitamin C (mg):	2mg
Vitamin A (i.u.):	104IU
Vitamin A (r.e.):	10 1/2RE

Riboflavin B2 (mg):	trace
Folacin (mcg):	102mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

## Food Exchanges

Grain (Starch):	1
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

<b>Calories</b>	170	Calories from Fat: 49
-----------------	-----	-----------------------

### % Daily Values\*

<b>Total Fat</b>	6g	9%
Saturated Fat	1g	7%
<b>Cholesterol</b>	19mg	6%
<b>Sodium</b>	375mg	16%
<b>Total Carbohydrates</b>	21g	7%
Dietary Fiber	4g	17%
<b>Protein</b>	9g	

<b>Vitamin A</b>	2%
<b>Vitamin C</b>	4%
<b>Calcium</b>	8%
<b>Iron</b>	17%

\* Percent Daily Values are based on a 2000 calorie diet.