

# Sweet and Sour Beans

Mrs. F. W. Fidler - Carrolton, GA

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

## Servings: 12

1 can (14 ounce) kidney beans,  
drained  
1 can (14 ounce) lima beans, drained  
1 can (14 ounce) white beans,  
drained  
1 can (28 ounce) pork and beans  
6 or 8 slices bacon  
3 medium onions, sliced  
1/2 cup vinegar  
3/4 cup brown sugar  
2 tablespoons prepared mustard

Preheat the oven to 350 degrees.

In a large bowl, mix all of the beans.

In a skillet, fry the bacon and drain. Turn the skillet to low and saute' the onions.

In a bowl, mix the vinegar, sugar and mustard. Stir well and add to the onions and simmer.

Chop the bacon and add to the beans. Pour the onion mixture onto the beans. Pour the mixture into a three-quart casserole.

Bake for 30 minutes.

(This casserole freezes well.)

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Per Serving (excluding unknown items): 246 Calories; 2g Fat (8.5% calories from fat); 13g Protein; 45g Carbohydrate; 11g Dietary Fiber; 4mg Cholesterol; 183mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.

## Side Dishes

### Per Serving Nutritional Analysis

Calories (kcal):	246	Vitamin B6 (mg):	.2mg
% Calories from Fat:	8.5%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	70.7%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	20.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	2g	Folacin (mcg):	144mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg

<b>Polyunsaturated Fat (g):</b>	trace
<b>Cholesterol (mg):</b>	4mg
<b>Carbohydrate (g):</b>	45g
<b>Dietary Fiber (g):</b>	11g
<b>Protein (g):</b>	13g
<b>Sodium (mg):</b>	183mg
<b>Potassium (mg):</b>	942mg
<b>Calcium (mg):</b>	102mg
<b>Iron (mg):</b>	5mg
<b>Zinc (mg):</b>	2mg
<b>Vitamin C (mg):</b>	4mg
<b>Vitamin A (i.u.):</b>	39IU
<b>Vitamin A (r.e.):</b>	4RE

<b>Alcohol (kcal):</b>	0
<b>% Refuse:</b>	n n%

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### Food Exchanges

<b>Grain (Starch):</b>	2
<b>Lean Meat:</b>	1
<b>Vegetable:</b>	1/2
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1/2
<b>Other Carbohydrates:</b>	1/2

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### Nutrition Facts

Servings per Recipe: 12

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#### Amount Per Serving

<b>Calories</b> 246	Calories from Fat: 21
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#### % Daily Values\*

<b>Total Fat</b> 2g	4%
Saturated Fat 1g	4%
<b>Cholesterol</b> 4mg	1%
<b>Sodium</b> 183mg	8%
<b>Total Carbohydrates</b> 45g	15%
Dietary Fiber 11g	44%
<b>Protein</b> 13g	
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<b>Vitamin A</b>	1%
<b>Vitamin C</b>	7%
<b>Calcium</b>	10%
<b>Iron</b>	27%

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