

Bold Beans

The Kitchen at Johnsonville Sausage
www.Johnsonville.com

Servings: 18

*1 package (14 ounce) Johnsonville
Bold Smoked Sausage*
1 package (16 ounces) fresh bacon
1 large yellow onion
1 large green pepper
*4 cans (22 ounce ea) barbecue-style
beans*

Cut the sausages into 1/2-inch chunks.

Chop the bacon.

Peel and chop the onion.

Core and chop the pepper.

In a saucepan, cook the bacon until crisp,
approximately 8 minutes. Drain.

Add the onion, pepper and sausage. Cook until
the vegetables are tender.

Stir the beans into the sausage mixture. Simmer
over low heat for 30 minutes allowing the flavors
to marinate together.

Per Serving (excluding unknown
items): 4 Calories; trace Fat (4.3%
calories from fat); trace Protein; 1g
Carbohydrate; trace Dietary Fiber;
0mg Cholesterol; trace Sodium.
Exchanges: 0 Vegetable.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	4	Vitamin B6 (mg):	trace
% Calories from Fat:	4.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	84.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	11.4%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	3mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	trace
Potassium (mg):	21mg
Calcium (mg):	2mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	6mg
Vitamin A (i.u.):	42IU
Vitamin A (r.e.):	4RE

Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 18

Amount Per Serving

Calories	4	Calories from Fat:	0
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% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	trace	0%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	1%
Protein	trace	
Vitamin A		1%
Vitamin C		10%
Calcium		0%
Iron		0%

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