

# Beans Baked

<b>Servings:</b>	150.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Beans Baked

## Nutrition Information

<b>Calories</b>	186.08	<b>Protein</b>	7.62g
<b>Fat</b>	1.28g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	38.86g	<b>Fiber</b>	6.36g
<b>Sugar</b>	16.44g	<b>Sodium</b>	766.18mg
<b>Iron</b>	2.32mg	<b>Vitamin C</b>	0.13mg
<b>Vitamin A</b>	27.31IU	<b>Calcium</b>	51.89mg

## Ingredients

**6 Gallon** BEAN BAKED 6-10 BUSH  
**3 Cup** SAUCE BBQ 4-1GAL GFS

## Preparation Instructions

WASH HANDS.

,1. Open can and pour beans into steam table pan(s).

,2. Heat through.

,3. Serve.

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,CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135oF.

,Child Nutrition: 1/2 cup provides= 1/2 cup beans/peas

,Updated December 2013