

Baked Beans

Servings:	200.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

1 veg component, Grades 6-8, 6oz serving

Nutrition Information

Calories	226.87	Protein	8.04g
Fat	2.01g	SaturatedFat	0.67g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	47.24g	Fiber	6.70g
Sugar	24.27g	Sodium	961.64mg
Iron	2.57mg	Vitamin C	0.56mg
Vitamin A	61.91IU	Calcium	55.81mg

Ingredients

12 1/2 Cup JELLY APPLE-GRAPE 6-10 GFS

12 1/2 cup= 1 (#10) can

8 1/2 Gallon BEAN & PORK XFCY 6-10 SHOWBOAT

8 1/2 gallon=11 (#10) cans

1/2 Cup SPICE ONION POWDER 19Z TRDE

1 Ounce SMOKE LIQUID 4-1GAL WRGHT

1oz=2 TBSP

12 1/2 Cup KETCHUP CAN 33% FCY 6-10 CRWNCOLL

12 1/2 Cup= 1(#10) can

Preparation Instructions

1. Mix jelly and ketchup together. Then stir in liquid smoke seasoning. (set aside)
2. Divide pork and beans into half size cooking pans. (roughly 2 1/4 can per pan)
3. Mix in jelly and ketchup mixture with the beans.
4. Mix in 2-3Tbsp of onion powder to each half pan of beans.
5. Bake, uncovered, at 350 Degrees for approx 30 minute or until internal temperature reaches 165 degrees.