

Baked Beans

Servings:	250.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Vegetarian Baked Beans

Nutrition Information

Calories	178.57	Protein	7.37g
Fat	1.05g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	35.47g	Fiber	5.36g
Sugar	19.09g	Sodium	232.34mg
Iron	0.08mg	Vitamin C	2.23mg
Vitamin A	168.45IU	Calcium	9.06mg

Ingredients

1040 Ounce Beans, Vegetarian, Low Sodium, Canned

BAKE

Bake

4 Pound SUGAR BROWN LT 12-2 PION

4 Cup ONION DEHY CHPD 15# P/L

210 Fluid Ounce KETCHUP LO SOD 2-1.5GAL REDG

READY_TO_EAT

None

Preparation Instructions

Prepare 2 steam table pans. Leave 4 of the 10 cans of beans undrained. Drain the rest.

Evenly divide between 2 pans. Add 1 ketchup and 1 brown sugar and 2 cups of dried onion to each pan. Stir well. cover and bake at 400 for 1 to 2 hours or until reaches and internal temp of 165 degrees or above.

