

# Cookbook for Valley Christian School

Created by HPS Menu Planner

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Beans Baked MTG

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<b>Servings:</b>	100.00
<b>Serving Size:</b>	0.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Beans Baked MTG

## Nutrition Information

<b>Calories</b>	176.65	<b>Protein</b>	7.57g
<b>Fat</b>	1.26g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	36.59g	<b>Fiber</b>	6.31g
<b>Sugar</b>	15.14g	<b>Sodium</b>	694.00mg
<b>Iron</b>	2.27mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	50.47mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
4 Gallon	520098	BEAN BAKED 6-10 BUSH	

## Preparation Instructions

WASH HANDS.

1. Open can and pour beans into steam table pan(s).
2. Heat through.
3. Serve.

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