

Cookbook for North Liberty Elem

Created by HPS Menu Planner

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[Baked Beans](#)

Baked Beans

NO IMAGE

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 277.000 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-9663 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|------------------------------------|---|------------|
| Beans, Vegetarian, Low Sodium, Canned | 11 6/11 #10 CAN | If no commodity is available use GFS#298913 | 100364 |
| KETCHUP DISPENSER PK | 1 1/4 #10 CAN | | 819492 |
| SPICE ONION MINCED | 1 2/3 Cup | | 513997 |
| MUSTARD DISPNSR PK | 5/6 Cup | | 819506 |
| SAUCE WORCESTERSHIRE | 5/6 Cup | | 109843 |
| SUGAR BROWN MED | 1 Quart 1 Pint 3/5 Cup (6 3/5 Cup) | | 108626 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.500 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 277.000

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 145.64 | | |
| Fat | 1.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 364.92mg | | |
| Carbohydrates | 30.34g | | |
| Fiber | 5.00g | | |
| Sugar | 13.27g | | |
| Protein | 7.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available