

# **Cookbook for North Liberty Elem**

**Created by HPS Menu Planner**

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# Baked Beans

NO IMAGE

<b>Servings:</b>	277.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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	6 3/5 Cup		108626

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.500
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 277.000

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	145.64		
<b>Fat</b>	1.00g		
<b>Saturated Fat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	364.92mg		
<b>Carbohydrates</b>	30.34g		
<b>Fiber</b>	5.00g		
<b>Total Sugar</b>	13.27g		
<b>Added Sugar</b>	4.57g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

## Nutrition - Per 100g

No 100g Conversion Available