

# Baked Beans

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.60 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45979

## Ingredients

Description	Measurement	DistPart #
BEAN BAKED VEGTAR R/SOD	4 3/5 Ounce	567091

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.60 Ounce

Amount Per Serving	
<b>Calories</b>	172.50
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	425.50mg
<b>Carbohydrates</b>	34.50g
<b>Fiber</b>	5.75g
<b>Sugar</b>	13.80g
<b>Protein</b>	8.05g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 57.50mg	<b>Iron</b> 2.19mg

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

## Nutrition - Per 100g

<b>Calories</b>	132.28		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	326.28mg		
<b>Carbohydrates</b>	26.46g		
<b>Fiber</b>	4.41g		
<b>Sugar</b>	10.58g		
<b>Protein</b>	6.17g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	44.09mg	<b>Iron</b>	1.68mg

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