

Beans Baked MTG



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-93

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED ORIG	4 Gallon	Heat and serve. Warm in 350 degree oven for approx 30 minutes.	520098

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.166
Legumes	0.640
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	192.00
Fat	1.28g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	729.60mg
Carbohydrates	38.40g
Fiber	6.40g
Sugar	15.36g
Protein	8.96g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 64.00mg	Iron 2.41mg

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

Nutrition - Per 100g

No 100g Conversion Available