

Baked Beans

Servings:	50.00	Category:	Vegetable
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51620
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low-sodium, Canned	2 #10 CAN		100364
ONION DEHY CHPD	1 Pint		263036
SUGAR BROWN MED	1 Cup		108626
KETCHUP CAN 33 FCY	1 Pint		820783
Ham, Cubed Frozen	1 Pound		100188-H
MUSTARD YELLOW	1/4 Cup		807651

Preparation Instructions

Mix all ingredients together.

Bake at 350 degrees in convection oven 1 hour.

Hold in hot pass thru until served.

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: 50.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving	
Calories	147.85
Fat	1.48g
SaturatedFat	0.26g
Trans Fat	0.00g
Cholesterol	4.72mg
Sodium	311.79mg
Carbohydrates	28.28g
Fiber	4.94g
Sugar	11.52g
Protein	8.10g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 3.02mg	Iron 0.05mg

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

Nutrition - Per 100g

No 100g Conversion Available