

Baked Beans

NO IMAGE

| | | | |
|----------------------|------------------|-----------------------|------------------|
| 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