

HOMEMADE BAKED BEANS



Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37353
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PORK NAVY	2 #10 CAN		118826
ONION DEHY CHPD	1/3 Cup		263036
BACON L/O 18-22CT CC FZ	16 Slice		247685
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1 Quart		100129
SMOKE LIQUID	1 Tablespoon		242152
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1 1/4 Tablespoon		860221
SUGAR BROWN LT	1 Quart		860311

Preparation Instructions

Mix all together. Put in 6" half pan. Bake 350 for 4 hours

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: 0.50 Cup

Amount Per Serving			
Calories		185.38	
Fat		2.16g	
SaturatedFat		0.40g	
Trans Fat*		0.00g	
Cholesterol		2.40mg	
Sodium		636.63mg	
Carbohydrates		35.14g	
Fiber		5.21g	
Sugar		14.95g	
Protein		8.56g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.26mg	Iron	2.08mg

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

Nutrition - Per 100g

No 100g Conversion Available