

# 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

|                 |       |
|-----------------|-------|
| <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: 50.00

Serving Size: 6.00 Fluid Ounce

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

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

## Nutrition - Per 100g

No 100g Conversion Available