

Baked Beans- Wakarusa

Servings:	162.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20546
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	6 #10 CAN	BAKE Bake	100364
SUGAR BROWN LT	1 Pint		860311
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1 #10 CAN		100129
ONION DEHY CHPD	1 Pint		263036
MUSTARD PKT	1 Fluid Ounce 0 Teaspoon (6 Teaspoon)		675562

Preparation Instructions

Place in 2 well sprayed 4B pans
Mix all together and bake @ 300* for 30 minutes.
Stir and bake another 30 minutes.

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: 162.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		126.71	
Fat		0.88g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		283.06mg	
Carbohydrates		25.31g	
Fiber		4.43g	
Sugar		10.72g	
Protein		6.16g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.93mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available