

Baked Bean



Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15800
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGETARIAN 6-10 COMM	2 #10 CAN	Drain most of juice off beans	120530
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1/2 Cup		860221
SPICE CHILI POWDER MILD	1/4 Cup		331473
SUGAR BROWN LT 12-2 GFS	1/4 Cup		314641
SAUCE WORCESTERSHIRE	1/4 Cup		109843
SPICE GARLIC POWDER	2 Teaspoon		224839

Preparation Instructions

Mix all ingredients together and bake/steam 30-40 mins or until 165 degrees.

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	0.540
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	176.19		
Fat	1.08g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	240.90mg		
Carbohydrates	32.26g		
Fiber	5.39g		
Sugar	8.54g		
Protein	5.39g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available