

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

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