

# Baked Beans

NO IMAGE

<b>Servings:</b>	47.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57796
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BKD KTTL BRN SUGAR	2 #10 CAN		822477
KETCHUP CAN NAT LO SOD	1/2 Cup		200621
SUGAR BROWN LT	1/2 Cup		860311

## Preparation Instructions

Mix all ingredients together. Heat.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.500
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 47.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	140.21
<b>Fat</b>	0.50g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	317.65mg
<b>Carbohydrates</b>	28.72g
<b>Fiber</b>	5.00g
<b>Total Sugar</b>	8.55g
<b>Added Sugar</b>	7.55g
<b>Protein</b>	7.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 52.00mg	<b>Iron</b> 2.00mg

## Nutrition - Per 100g

<b>Calories</b>	5991.81
<b>Fat</b>	21.37g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	13574.63mg
<b>Carbohydrates</b>	1227.46g
<b>Fiber</b>	213.67g
<b>Total Sugar</b>	365.52g
<b>Added Sugar</b>	322.79g
<b>Protein</b>	299.13g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 2222.13mg	<b>Iron</b> 85.47mg