

Baked Beans

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BKD K TTL 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

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

Nutrition Facts

Servings Per Recipe: 47.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

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