

Baked Beans

Servings:	23.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33151
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL	Grams Per Serving:	2.47

Ingredients

Description	Measurement	DistPart #
Beans, Vegetarian, Low Sodium, Canned	1 #10 CAN	100364
SAUCE BBQ 4-1GAL SWTBRAY	1 Cup	655937
KETCHUP CAN	1/2 Cup	100188
SUGAR BROWN LT	1/2 Cup	860311
ONION DEHY CHPD	1/2 Cup	263036
MUSTARD YELLOW	5 Teaspoon	807651

Preparation Instructions

- 1) DRAIN BEANS RESERVING JUICE TO THE SIDE.
- 2) MIX BARBEQUE SAUCE, CATSUP, ONION FLAKES, MUSTARD, BROWN SUGAR AND 1 1/2 CUPS OF RESERVED LIQUID FROM BEANS.
- 3) POUR MIXTURE INTO BEANS AND MIX WELL.
- 4) COVER AND BAKE IN 325 DEGREE CONVECTION OVEN FOR 1 1/4 HOURS. REMOVE COVER DURING LAST HALF HOUR OF BAKING TO BROWN BEANS. CCP: Heat to 145° F or higher for at least 15 Seconds
CCP: Hold at 135° F or higher.

Updated 7.30.25

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: 23.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	163.45
Fat	1.03g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	320.94mg
Carbohydrates	33.65g
Fiber	5.24g
Total Sugar	16.67g
Added Sugar	11.13g
Protein	7.26g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 1.64mg	Iron 0.03mg

Nutrition - Per 100g

Calories	6617.40
Fat	41.72g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	12993.59mg
Carbohydrates	1362.43g
Fiber	212.10g
Total Sugar	675.08g
Added Sugar	450.65g
Protein	294.13g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 66.36mg	Iron 1.06mg