



825074 - Creole Spice Beans

Source: K12 Culinary
 Number of Portions: 45
 Size of Portion: 1/2 cup

Components:
 Meat/Alt:
 Grains:
 Fruit:
 Vegetable: 0.5 cup
 Milk:

Recipe Subgroups:
 Vegetable, Legumes

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
825016R Seasoning Blend, Creole.....	1 Tbsp	Prepare school made Creole Seasoning according to recipe # 825016.
011288 ONIONS,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT.....	1 CUP (chopped)	Note: If using fresh onions as substitute for frozen onions, rinse under running water, cut in half and dice into ¼ inch pieces. Place in perforated pan and steam for five minutes. Proceed with the recipe.
826894 BEANS, CANNED, VEGETARIAN, LOW-SODIUM, B... 825097 Sauce, BBQ, gallon, Cattlemans (Frenchs)..... 901018 MUSTARD,POWDER/DRY..... 002030 PEPPER,BLACK.....	2 #10 can 1 1/4 cups 1 Tbsp 1/2 TBSP (ground)	Spray 2 inch full size pan with food release. Pour two #10 cans of vegetarian beans into each 2 inch pan. Add 1 cup onions, 1 1/4 cup BBQ sauce, 1 Tbsp Creole Seasoning Blend, 1 Tbsp dry mustard and 1 1/2 tsp black pepper to each pan. Stir well to combine. Bake at 350° for 35 to 40 minutes. CCP: Heat to 135° F or higher.
		Cover and hold for service. Serve using no. 8 disher or a 4 oz spoodle. CCP: Hold for hot service at 135° F or higher.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	141 kcal	Cholesterol	0 mg	Sugars	*1.8* g	Calcium	51.35 mg	4.06%	Calories from Total Fat
Total Fat	0.64 g	Sodium	235 mg	Protein	6.71 g	Iron	1.70 mg	0.71%	Calories from Saturated Fat
Saturated Fat	0.11 g	Carbohydrates	31.74 g	Vitamin A	192.9 IU	Water ¹	*4.96* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	5.86 g	Vitamin C	0.2 mg	Ash ¹	*0.04* g	89.92%	Calories from Carbohydrates
								19.00%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.