



825091 - Honey Baked 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
011283 ONIONS,CKD,BLD,DRND,WO/SALT.....	1 lb + 4 OZS (fresh, diced)	Rinse onions under running water and drain in colander. Cut in half and cut into ¼ inch dices.
826894 BEANS, CANNED, VEGETARIAN, LOW-SODIUM, B... 014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 019296 HONEY..... 051500 Tomato Paste, No Salt Added, Canned..... 019334 SUGARS,BROWN..... 901018 MUSTARD,POWDER/DRY.....	2 #10 can 1 1/2 cups 1 cup 1 cup 3/4 CUP (packed) 2 Tbsp	Preheat oven to 325°F. Spray a 2 inch full size pan well with food release spray. Pour 2 #10 cans of vegetarian beans into the prepared pan. Add diced onions to beans. Combine the water, honey, tomato paste, brown sugar (packed), and dry mustard. Mix well. Pour into the pan with beans and onions. Stir to combine. Cover the pan with aluminum foil.
		Bake in the preheated 325°F oven for 1 hour 15 minutes. Serve ½ c. using a 4 oz perforated spoodle. CCP: Heat to 135° F or higher. CCP: Hold at 135° F or higher.

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

Calories	176 kcal	Cholesterol	0 mg	Sugars	*10.9* g	Calcium	54.56 mg	3.41%	Calories from Total Fat
Total Fat	0.67 g	Sodium	155 mg	Protein	6.93 g	Iron	1.88 mg	0.54%	Calories from Saturated Fat
Saturated Fat	0.11 g	Carbohydrates	40.81 g	Vitamin A	236.2 IU	Water ¹	*17.90* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	5.97 g	Vitamin C	1.6 mg	Ash ¹	*0.11* g	92.95%	Calories from Carbohydrates
								15.77%	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.