



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...	2 #10 can	Preheat oven to 325°F.
014429 BEVERAGES,H2O,TAP,MUNICIPAL.....	1 1/2 cups	Spray a 2 inch full size pan well with food release spray.
019296 HONEY.....	1 cup	Pour 2 #10 cans of vegetarian beans into the prepared pan.
051500 Tomato Paste, No Salt Added, Canned.....	1 cup	Add diced onions to beans.
019334 SUGARS,BROWN.....	3/4 CUP (packed)	Combine the water, honey, tomato paste, brown sugar (packed), and dry mustard. Mix well.
901018 MUSTARD,POWDER/DRY.....	2 Tbsp	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.