



## 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:

Vegetables

HACCP Process: #2 Same Day Service

| Ingredients   | Measures   | Instructions   |
|---|--|--|
| 825016R Seasoning Blend, Creole.....  | 1 Tbsp   | Prepare school made Creole Seasoning according to the recipe.  |
| 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.  |
| 050553 BEANS, CANNED, VEGETARIAN, LOW-SODIUM, B...<br>825097 Sauce, BBQ, gallon, Cattleman's (Frenchs).....<br>901018 MUSTARD,POWDER/DRY.....<br>002030 PEPPER,BLACK..... | 2 #10 can<br>1 1/4 cups<br>1 Tbsp<br>1/2 TBSP (ground) | Spray 2 inch deep full size steamtable pan with pan release. Pour 2 #10 cans of vegetarian beans into each 2 inch pan. Add onions, BBQ sauce, Creole spice blend, dry mustard and black pepper. Stir well to combine.<br>Bake at 350 degrees F for 35 to 40 minutes.<br><br><b>CCP:</b> Heat to 135° F or higher.  |
|   |  | Cover and hold for service. Serve using no. 8 scoop or disher or a 4 oz spoodle.<br><br><b>CCP:</b> Hold for hot service at 135° F or higher   |
|   |  | Cool leftovers and note temperatures on the cooling log. Cover, label, date and store in refrigerator. Reheat and serve within 3 days.<br><b>CCP:</b> Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours<br><br><b>CCP:</b> Heat to 165° F or higher for at least 15 seconds<br><br><b>CCP:</b> Hold for hot service at 135° F or higher |

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

|                        |          |               |         |           |          |                    |          |         |                             |
|------------------------|----------|---------------|---------|-----------|----------|--------------------|----------|---------|-----------------------------|
| Calories               | 140 kcal | Cholesterol   | 0 mg    | Sugars    | *1.5* g  | Calcium            | 49.01 mg | 3.87%   | Calories from Total Fat     |
| Total Fat              | 0.60 g   | Sodium        | 233 mg  | Protein   | 6.60 g   | Iron               | 1.69 mg  | 0.67%   | Calories from Saturated Fat |
| Saturated Fat          | 0.10 g   | Carbohydrates | 31.34 g | Vitamin A | 199.5 IU | Water <sup>1</sup> | *4.96* g | *0.00%* | Calories from Trans Fat     |
| Trans Fat <sup>2</sup> | *0.00* g | Dietary Fiber | 6.20 g  | Vitamin C | 0.2 mg   | Ash <sup>1</sup>   | *0.04* g | 89.74%  | Calories from Carbohydrates |
|                        |          |               |         |           |          |                    |          | 18.89%  | 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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.