825091 - Honey Baked Beans

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

Components:		Recipe Subgroups:	Attributes:
Meat/Alt:		Vegetable, Legumes	Vegetables
Grains:			
Fruit:			
Vegetable:	0.5 cup		
Milk:			

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 adn drain in colander. Cut in half and cut into ¼ inch dices.
050553 BEANS, CANNED, VEGETARIAN, LOW-SODIUM, B.... 014429 WATER,MUNICIPAL... 019296 HONEY... 050544 TOMATO PASTE, LOW-SODIUM, 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 steamtable pan well with pan release spray. Pour 2 #10 cans of vegetarian beans into the prepared 2-inch steamtable 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 or steamtable lid.
		Bake in the preheated 325°F oven for 1 hour 15 minutes. Serve ½ c. using a no. 8 disher or 4 ounce spoodle. **CCP:** Heat to 135° F or higher. **CCP:** Hold at 135° F or higher.
		Cool leftover beans properly, label, store in refrigerator, and reheat for service within 3 days. **CCP:** Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours **CCP:** Heat to 165° F or higher for at least 15 seconds **CCP:** Hold for hot service at 135° F or higher

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

Calories	176	kcal	Cholesterol	0	mg	Sugars	*10.2*	g	Calcium	56.60	mg	3.55%	Calories from Total Fat
Total Fat	0.69	g	Sodium	157	mg	Protein	6.99	g	Iron	1.92	mg	0.57%	Calories from Saturated Fat
Saturated Fat	0.11	g	Carbohydrates	40.82	g	Vitamin A	234.1	IU	Water¹	*17.90*	g	*0.00%*	Calories from Trans Fat
Trans Fat²	*0.00*	g	Dietary Fiber	6.03	g	Vitamin C	1.8	mg	Ash¹	*0.11*	g	92.96%	Calories from Carbohydrates
												15.93%	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.