

Cooking for Kids

Recipe Sizing Report

000037 - BBQ Baked Beans :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1/2 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
799957 BEANS, CANNED, PINTO, WHOLE, LOW-SODIUM...	5 1/2 #10 can drained	1. Drain beans then pour into a bowl.
011282 ONIONS,RAW..... 083730 MUSTARD YELLOW PREPARED..... 901530 SUGARS,BROWN,LIGHT..... 011949 CATSUP,LOW SODIUM..... 006150 SAUCE,BARBECUE..... 799939 GARLIC,RAW.....	3 CUPS (chopped) 2 Tbsp 2 CUPS (packed) 2 cups 3 cups 1 cup	2. Combine onions, mustard, brown sugar, catsup, BBQ sauce, and garlic. Stir until blended. 3. Divide mixture between pans and cover. Bake at 325° F for 1 hour and 15 minutes. (Remove cover during the last half hour to brown the beans).

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

Calories	96 kcal	Cholesterol	0 mg	Sugars	*4.1* g	Calcium	39.19 mg	5.63%	Calories from Total Fat
Total Fat	0.60 g	Sodium	164 mg	Protein	3.46 g	Iron	1.09 mg	1.11%	Calories from Saturated Fat
Saturated Fat	0.12 g	Carbohydrates	20.02 g	Vitamin A	47.2 IU	Water ¹	*13.32* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.20 g	Vitamin C	1.7 mg	Ash ¹	*0.47* g	83.02%	Calories from Carbohydrates
								14.33%	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.