

Baked Beans

Makes: 100 Servings

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Ingredients	Weight	Measure
Baked beans, canned drained, low sodium		5 No. 10 cans
Ketchup		2 1/2 cups
Mustard, dry		1/4 cup
Brown sugar		2 cups
Minced onion, dry		3/4 cup

Nutrition Information

Nutrients	Amount
Calories	170
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	240 mg
Total Carbohydrate	40 g
Dietary Fiber	6 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	7 g
Vitamin D	N/A
Calcium	56 mg
Iron	2 mg
Potassium	N/A
N/A - data is not available	

Directions

1. Place all ingredients in steam table pans, use 4 for 100 portions. Mix well.
2. Cover and bake in oven at 350° degrees for 45 minutes to 1 hour. CCP: Cook until internal temp reaches 185°F.
3. Portion using No. 8 scoop (1/2 cup). CCP: Hold at or above 135°F before and during service.

Source: Iowa Gold Star Cycle Menus, Team Nutrition Iowa