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# Baked Beans

Hesston College

## Author

**Categories** Side dish

**Tools** Ladle 2 oz, Pan ST 4", Spoon solid

## Locations

**Plate/Store**

**Yield** 2 gal **Cook**

**Portion** 4 fl oz

**Num Portions** 64

## Nutrition Facts

Serving Size 4 fl oz

Servings Per Container 64

Amount Per Serving

**Calories 147** Calories From Fat 8

% Daily Value

**Total Fat 1g** 1%

Saturated Fat 0g 1%

Trans Fat 0g

**Cholesterol 0mg** 0%

**Sodium 790mg** 33%

**Total Carbohydrates 33g** 11%

Dietary Fiber 6g 25%

**Protein 6g**

Vitamin A 10% Vitamin C 12%

Calcium 6% Iron 4%

\* Percent Daily Values are based on a 2000 calorie diet.

## Nutrition Descriptors

Low Fat

Low Saturated Fat

Cholesterol Free

High in Fiber

Good Source of Vitamin A

Good Source of Vitamin C

Good Source of Potassium

Good Source of Carbohydrates

Good Source of Protein