000177 - Beans-Traditional Boston Baked : Ellen's Kitchen	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: No HACCP Process Number of Portions: 100 Size of Portion: 1/2 Cup Alternate Recipe Name: Traditional Boston Baked Beans				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
014429 WATER,MUNICIPAL..... 990082 BEANS,NAVY,MATURE SEEDS,RAW.....	2 gals 7 lbs	1. Soak navy beans overnight, drain and rinse. 2. Cover with water, bring to a boil, cover pan and cook 7 minutes. 3. Drain.
019304 MOLASSES..... 900238 Ketchup Heinz POUCH..... 019334 SUGARS,BROWN..... 000088 MUSTARD ,DRY..... 002028 PAPRIKA..... 002047 SALT,TABLE..... 004053 OIL,OLIVE,SALAD OR COOKING..... 110501 ONION, CHOPPED, DRY..... 110491 CLOVES, GROUND..... 014429 WATER,MUNICIPAL.....	1 cup 8 ozs 1 CUP (packed) 1 Tbsp 1/2 Tbsp 2 Tbsp 1 1/2 cups 2 cups 2 tsp 2 cups	4. Add the remaining ingredients except the bacon.
106938 BACON 13/17 15LB, HORMEL GRIDDLEMASTER...	1 lb + 8 ozs	5. Cut up bacon and saute (or use precooked bacon and dice). Add to the beans. 6. Pour into well greased pans. Cover and cook covered until the last half hour. **CCP - Bake:** Conventional Oven: 325- 350° F. for 2 1/2 - 3 hours. Convection Oven: 325° F. for 2-2 1/2 hours or until an internal temperature of 165° F. Remove cover during last 1/2 hour of baking to brown beans. 7. CCP: Place in Hot Holding Cabinet at 200° F. Serve at 140° F. or higher. 8. Portions: 4 oz. spoodle (1/2 cup).

Calories.....	192	Iron.....	1.97 mg	Protein.....	9.34 g	Protein.....	19.48%
Cholesterol..	7 mg	Calcium....	58.05 mg	Carbohydrates	24.53 g	Carbohydrates.	51.18%
Sodium.....	320 mg	Vitamin A..	32 IU	Total Fat....	6.83 g	Total Fat.....	32.09%
Dietary Fiber	7.76 g	Vitamin C..	0.2* mg	Saturated Fat	1.59 g	Saturated Fat.	7.47%
				Trans Fat....	0.00* g	Trans Fat.....	0.00%

* - Denotes Missing Nutrient Values