

Carolina Beans100

Number of Servings: 100 (128 g per serving)

Amount	Measure	Ingredient
3 3/4	Tbs	Oil, canola
2 3/4	cup	Onion, white, fresh, chpd
8 1/2	Tbs	Garlic, minced, wet
5 1/2	Tbs	Spice, ginger, ground
2 3/4	tsp	Spice, mustard seed, ground
5.00	qt	Beans, kidney, red, cnd, drained
4 3/4	qt	Beans, pinto, cnd
2 3/4	cup	Peppers, bell, green, sweet, fresh, chpd
3 3/4	cup	Sauce, barbecue
2 3/4	cup	Molasses
2 3/4	tsp	Spice, pepper, black, ground

Nutrients per serving

Nutrition Facts	
Serving Size (128g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 27g	9%
Dietary Fiber 6g	24%
Sugars 9g	
Protein 5g	
Vitamin A 0%	Vitamin C 6%
Calcium 2%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Saute onion, garlic, ginger and green pepper in oil until tender. Add dry mustard and stir. Mix sauted ingredients with other ingredients in an appropriate sized steam table pan, Cover with aluminum foil. Bake in preheated 350 degree oven until internal temperature is 165-180 degrees. Hold until ready to serve.

1 serving = 1/2 cup = 2 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Cooking :

- Cook to an internal temperature of 165 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.