

Hearty Baked Beans

Number of Servings: 1 (118.61 g per serving)

Ingredient	Comment
Bacon, cured, pan fried	
Onion, yellow, fresh, chpd	
Baked Beans, bbq, cnd	
Mustard, yellow, prep	
Vinegar, cider	
Sugar, brown, packed	
BBQ Sauce Sweet Baby Ray's	
Kitchen Bouquet	

Nutrition Facts	
Serving Size 1/2 Cup (119g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	18%
Total Carbohydrate 32g	11%
Dietary Fiber 5g	20%
Sugars 16g	
Protein 5g	
Vitamin A 25%	Vitamin C 2%
Calcium 6%	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	

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