

Committed To Quality Since 1967

- 4 DELICIOUS **BAKED BEAN** RECIPES
- EACH DISTINCTLY DIFFERENT
- ALL SLOWLY **OVEN-BAKED** (*not* canned)
- QUALITY. CONVENIENCE. VALUE.
- JUST LIKE HOMEMADE
- · QUALITY PEOPLE REMEMBER

BAKED BEANS IN BBQ SAUCE with SMOKED PULLED PORK. Captain Ken's newest recipe combines its' famous slowly **oven-baked beans** with a sweet, rich barbecue sauce, generous amounts of *naturally* smoked pulled pork, then blended with special seasonings, offering a delicious baked bean dish that will add enjoyment to just about any gathering whether big or small. *Operator cost approx.* \$0.11 to \$0.12 per ounce.



UPC 72004-00780



Original Recipe OVEN-BAKED BEANS with BACON. Captain Ken's beans are made with the finest Grade A navy beans, lots of bacon, imported molasses, brown sugar, and other premium ingredients, then slowly **oven-baked** using a process that has made Captain Ken's baked beans famous for over 50 years! Operator cost approx. \$0.10-\$0.11 per ounce.

UPC 72004-00096, 72004-00496

GRAMMA D'S BAKED BEANS with BACON, ONIONS, & CHEESE. Truly a meal by itself and yet another favorite, this oven-baked bean recipe (aka "Calico" bean) offers a savory combination of navy, kidney, and butter beans, with generous portions of bacon, onions, aged cheddar cheese, and spices, resulting in a recipe that no one can resist. *Operator cost approx.* \$0.14 per ounce.



UPC 72004-00680



BAKED APPLEBEANS. This unique recipe combines Captain Ken's famous oven-baked beans with apple pie filling and bacon to make a delicious side-dish treat for any pork chop, BBQ rib dinner, pig roast outing, and more. When reheating, a special treat is to caramelize the recipe. Awesome! *Operator cost approx.* \$0.11 per ounce.

UPC 72004-01480

See reverse side for more detail and contact info.

CAPTAIN KEN'S FOODS, "AN OVEN-BAKED BEAN FOR EVERY OCASSION".

- MADE FROM SCRATCH. SLOWLY **OVEN-BAKED**, <u>NOT</u> CANNED.
- COMPLETE PRODUCT. FULLY COOKED. JUST HEAT & SERVE.
- GREAT FOR PARTIES, BANQUETS, CATERING, RESTAURANTS, & MORE.

Ingredient Statement, Nutritionals, & Packaging:

Baked Beans in BBQ Sauce with Smoked Pulled Pork and Red Peppers

INGREDIENTS: Oven-Baked Beans (Navy Beans [Cooked], Water, Molasses, Brown Sugar [Sugar, Cane Syrup], Ketchup [Tomatoes, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Salt, Onion Powder, Garlic Powder, Natural Flavoring], Onions, Jalapeno Peppers [Peppers, Vinegar, Salt], Salt, Mustard Flour), BBO Sauce (Water, Brown Sugar [Sugar, Cane Syrup], Tomato Paste, Ketchup [Tomatoes, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Salt, Onion Powder, Garlic Powder, Natural Flavoring l. Distilled Vinegar. Molasses, Salt, Liquid Smoke Flavor [Water, Natural Hickory Smoke Flavor], Modified Food Starch [Corn Starch], Spices, Sodium Benzoate, Potassium Sorbate), Pulled Pork (Pork, Natural Smoke), Red Peppers.

Gluten Free. No Trans Fat. Rev. 05-01-14

Nutrition Facts Amount Per Serving Calories 150 Calories from Fat 10 Total Fat 1g Saturated Fat 0g Trans Fat 0g Cholesterol <5mg Sodium 390mg Total Carbohydrate 29g Dietary Fiber 5g Vitamin A 0% • Vitamin C 6% Calcium 6% • Iron 10% * Percent Daily Values are based on a 2,000 or lower depending on your calorie needs: Calories 2.000 2.500 Sat. Fat Less Than 20 g Cholesterol Less Than 300mg 300mg Sodium Less Than 2,400 mg 2,400 mg Total Carbo hydrate 300g 375g Dietary Fiber Calories per gram: Fat 9 • Carbohydrates 4 • Protein 4

UPC 00780 4/5 lb. boil-n-bag

Original Recipe Oven-Baked Beans with Bacon

INGREDIENTS: Navy Beans (Cooked), Water, Molasses, Bacon (Cured with Water, Salt, Sodium Phosphate, Sodium Erythorbate Sodium Nitrite), Brown Sugar (Sugar, Cane Syrup), Ketchup [Tomatoes, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Salt, Onion Powder, Garlic Powder, Natural Flavoring], Salt, Dehydrated Onions, Mustard Powder.

Gluten Free. No Trans Fat. Rev. 05-01-14

Gramma D's Baked Beans with Bacon (aka: Three-Bean Casserole or "Calico" Beans)

INGREDIENTS: Baked Beans (Navy Beans [Cooked], Water, Bacon [Cured with Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite], Molasses, Brown Sugar [Sugar, Cane Syrup], Ketchup [Tomatoes, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Salt, Onion Powder, Garlic Powder, Natural Flavoring], Dehydrated Onions, Mustard Powder), Kidney Beans (Cooked), Butter Beans (Large Lima Beans, Water, Salt, Dextrose, Calcium Chloride, Calcium Disodium, EDTA), Onions, Bacon (Cured with Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, [Vegetable Color], Powdered Cellulose [to prevent caking, Potassium Sorbate and Natamycin [as preservatives], Ketchup, Brown Sugar, Worcestershire Sauce (Distilled Vinegar, Molasses, Corn Syrup, Water, Salt, Caramel Color, Garlic Powder, Sugar, Spices, Anchovies, Tamarind, Natural Flavor). Contains Milk, Fish.

Gluten Free. No Trans Fat. Rev. 05-01-14

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INGR	EDIENT	S:	Na	vy

Baked AppleBeans (no pecans)

Note: Baked Applebeans with Pecans

Beans (Cooked), Diced Apple Pie Filling (Apples [Apples, Water, Ascrobic Acid, Salt, Citric Acid, Calcium Chloride], Water, Sugar, High Fructose Corn Syrup, Modified Corn Starch, Corn Syrup, Cinnamon. Natural and Artificial Flavors, Less than 1/10th of 1% Sodium Benzoate, Potassium Sorbate, Citric Acid, Guar Gum), Water, Molasses, Ketchup (Tomatoes, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Salt, Onion Powder, Garlic Powder, Natural Flavoring), Brown Sugar (Sugar, Cane Margarine Hydrogenated Soybean and Cottonseed Oils, Water, Salt, Mono and Diglycerides, Soy Lecithin, Sodium Benzoate added as a preservative, Artificially Flavored, Artificially Colored with Beta-Carotene, Vitamin A Palmitate added), Bacon (Cured with Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite), Salt. Dehydrated Onions. Spices. Contains: Soy. May contain Sulfites.

Gluten Free. No Trans Fat.

Serving Size:		(110 g)		_
Amount Per S		.i 6 1	05	
Calories 200	Calo	ries from I % Daily \		_
Total Fat	4a	76 Daily		69
Saturated				59
Trans Fat				
Polyunsat		at (1g)		_
Monounsa				_
Cholesterol	4mg			1
Sodium 38	0mg			16
Total Carboh	nydrate	34g		11
Dietary Fi			3	6
Sugars 1	1g		3	6
Sugars 1	1g		3	6
Sugars 1 Protein 7g	1g	nin C 2%	3	6
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UPC 00496/00096/00000
4/6 lb. Tubs
6/6 lb. Alum. Tins
30 lb. Pails

Amount Per Serving	GD	
Calories 200 Calori		70
	% Daily 1	
Total Fat 8g		129
Saturated Fat 3.	5g	189
Trans Fat 0g		
Cholesterol 15mg		59
Sodium 480mg	00	209
Total Carbohydrate		79
Dietary Fiber 7g		289
Sugars 9g		
Vitamin A 2% • Vita		
Protein 10g Vitamin A 2% • Vita Calcium 8% • In * Percent Daily Value calorie diet. Your da or lower depending c	on 10% es are base ily values m	d on a 2,000 ay be higher
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UPC 00680 4/5 lb. Tubs

	n Facts		
Serving Siz	e: 1/2 cup	(113 g)	
Amount Pe	r Serving		
Calories 19	O Calories	from Fat	35
		% Daily \	/alue*
Total Fat 4	4g		6%
Saturat	ed Fat 1g		5%
Trans F	at 0g		
Cholester			1%
Sodium 30			13%
Total Carb		31g	10%
	Fiber 7g		28%
Sugars			
Protein 6g			
Vitamin A 4 Calcium 10	% • Iro	on 10%	
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UPC 01480 4/5 lb. boil-n-bag

All products are shipped frozen. Shelf life: Frozen: one (1) year. Refrigerated: five (5) days if no preservatives. Please visit www.captainkens.com for other pack sizes/types, including retail, plus a complete list of products or call 651-298-0071.