

# CAPTAIN KEN'S FOODS



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.

Committed to Quality Since 1967

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

- MADE FROM SCRATCH. SLOWLY OVEN-BAKED, NOT 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), **BBQ 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], 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

### Original Recipe Oven-Baked Beans with Bacon

**INGREDIENTS:** Navy Beans (Cooked), Water, Molasses, Bacon (Cured with Water, Salt, Sugar, 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.

**Note:** Products listed may include preservatives Potassium Sorbate and Sodium Benzoate < 0.1%.

**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], Salt, 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, Annatto [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

**Baked AppleBeans** (no pecans)  
Note: Baked Applebeans *with* Pecans (UPC 00480) will be phased-out beginning April 2015.

**INGREDIENTS:** Navy Beans (Cooked), **Diced Apple Pie Filling** (Apples [Apples, Water, Ascorbic Acid, Salt, Citric Acid, Calcium Chloride], Water, Sugar, High Fructose Corn Syrup, Modified Corn Starch, Corn Syrup, Cinnamon, Natural and Artificial Flavors, Less than 1/10<sup>th</sup> 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 Syrup) **Margarine** (Partially 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.**  
Rev. 05-01-14

Nutrition Facts	
Serving Size: 1/2 cup (113 g)	
Amount Per Serving	
<b>Calories 150</b>	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> <5mg	2%
<b>Sodium</b> 390mg	16%
<b>Total Carbohydrate</b> 29g	10%
Dietary Fiber 5g	21%
Sugars 15g	
<b>Protein</b> 7g	
Vitamin A 0% • Vitamin C 6%	
Calcium 6% • Iron 10%	
* 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
Sat. 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 • Carbohydrates 4 • Protein 4	

Nutrition Facts	
Serving Size: 1/2 cup (113 g)	
Amount Per Serving	
<b>Calories 200</b>	Calories from Fat 35
% Daily Value*	
<b>Total Fat</b> 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat (1g)	
Monounsaturated Fat (1g)	
<b>Cholesterol</b> 4mg	1%
<b>Sodium</b> 380mg	16%
<b>Total Carbohydrate</b> 34g	11%
Dietary Fiber 9g	36%
Sugars 11g	
<b>Protein</b> 7g	
Vitamin A 0% • Vitamin C 2%	
Calcium 10% • Iron 15%	
* 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
Sat. 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 • Carbohydrates 4 • Protein 4	

Nutrition Facts	
Serving Size: 1/2 cup (113 g)	
Amount Per Serving	
<b>Calories 200</b>	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8g	12%
Saturated Fat 3.5g	18%
Trans Fat 0g	
<b>Cholesterol</b> 15mg	5%
<b>Sodium</b> 480mg	20%
<b>Total Carbohydrate</b> 22g	7%
Dietary Fiber 7g	28%
Sugars 9g	
<b>Protein</b> 10g	
Vitamin A 2% • Vitamin C 10%	
Calcium 8% • Iron 10%	
* 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
Sat. 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 • Carbohydrates 4 • Protein 4	

Nutrition Facts	
Serving Size: 1/2 cup (113 g)	
Amount Per Serving	
<b>Calories 190</b>	Calories from Fat 35
% Daily Value*	
<b>Total Fat</b> 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 2mg	1%
<b>Sodium</b> 301mg	13%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 7g	28%
Sugars 8g	
<b>Protein</b> 6g	
Vitamin A 4% • Vitamin C 4%	
Calcium 10% • Iron 10%	
* 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
Sat. 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 • Carbohydrates 4 • Protein 4	

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

UPC 00496/00096/00000  
4/6 lb. Tubs  
6/6 lb. Alum. Tins  
30 lb. Pails

UPC 00680  
4/5 lb. Tubs

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](http://www.captainkens.com) for other pack sizes/types, including retail, plus a complete list of products or call 651-298-0071.