

Seasoned black beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49755
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
BEANS BLACK LO SOD	1/2 Cup	231981
SPICE CHILI POWDER MILD	2 Teaspoon	331473
SPICE CUMIN GRND	1 Teaspoon	273945
SPICE ALLSPICE GRND	1/4 Teaspoon	513601
SEASONING NO SALT ORIG	1/4 Teaspoon	844071
SUGAR CANE GRANUL	1/2 Teaspoon	425311

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	137.50
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	375.00mg
Carbohydrates	25.00g
Fiber	6.00g
Sugar	3.00g
Protein	8.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 80.00mg	Iron 3.50mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available
