

Black Beans

Servings:	200.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49575
School:	Highland Elementary		

Ingredients

Description	Measurement	DistPart #
BEAN SEAS BLK DEHY	16 Pound 13 Ounce (269 Ounce)	183900
Salsa, Low-Sodium, Canned	1 Gallon 1 Quart (20 Cup)	100330
Cheese, Mozzarella, Part Skim, Shredded	2 Quart 1 Pint (10 Cup)	100021

Preparation Instructions

Use one package of black beans per 4B pan. Prepare beans per package instructions. Add 2 cups of heated salsa and mix. Top with 1 cup mozzarella cheese and put in hot cart.

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: 200.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	174.56
Fat	2.39g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	398.75mg
Carbohydrates	26.56g
Fiber	9.71g
Sugar	2.98g
Protein	10.11g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 29.71mg	Iron 2.08mg

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

Nutrition - Per 100g

No 100g Conversion Available