

# Seasoned black beans

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

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

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

## Nutrition - Per 100g

No 100g Conversion Available