

Pinto Beans

Servings:	18.00	Category:	Vegetable
Serving Size:	0.50 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50311
School:	Attica Jr/Sr High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PINTO	1 #10 CAN	#10 cans = 18.60, .5 Cup SRVGS	261475
SPICE GARLIC POWDER	1 Teaspoon		224839
SPICE PEPR BLK REG FINE GRIND	1/2 Teaspoon		225037

Preparation Instructions

Wipe can off.

Place Pinto Beans in a 4" Deep Pan. Add onion, garlic and pepper to pan. Place in steamer until reached 165^.

1 #10 can = 18 .5 Cups

4 #10 cans = 72 .5 Cups

Hold in warmer at 135^ until serving time.

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: 18.00

Serving Size: 0.50 Serving

Amount Per Serving	
Calories	172.44
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	201.18mg
Carbohydrates	30.18g
Fiber	7.19g
Sugar	1.44g
Protein	10.06g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.36mg	Iron 2.87mg

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

Nutrition - Per 100g

No 100g Conversion Available
