

HOT AND SPICY CHILI BEANS

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22723
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN CHILI HOT	1/2 Cup		785024

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: 1.00 Cup

Amount Per Serving	
Calories	120.00
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	370.00mg
Carbohydrates	23.00g
Fiber	10.00g
Sugar	2.00g
Protein	6.00g
Vitamin A 300.00IU	Vitamin C 2.40mg
Calcium 40.00mg	Iron 2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available