

CRAZY CHARLIE'S BLACK BEAN AND FIRE-ROASTED CORN SALSA

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23475
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Crazy Charlie's Black Bean and Fire-Roasted Corn Salsa	4 Ounce	PREPARED	

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	0.130
OtherVeg	0.120
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 cup

Amount Per Serving			
Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	40.00mg		
Carbohydrates	8.00g		
Fiber	0.00g		
Sugar	4.00g		
Protein	4.00g		
Vitamin A	16.00IU	Vitamin C	8.00mg
Calcium	0.00mg	Iron	8.00mg

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

Nutrition - Per 100g

No 100g Conversion Available