

FLAME ROASTED BLACK BEANS AND CORN



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8821
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN BLK BEAN RSTD BLND	1/2 Cup		266752

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	0.500
Legumes	0.000
Starch	0.098

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	74.96		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	239.88mg		
Carbohydrates	12.74g		
Fiber	3.00g		
Sugar	3.75g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.75mg	Iron	0.75mg

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

Nutrition - Per 100g

No 100g Conversion Available