

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



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