

DIRI AK PWA (RICE AND BEANS)



Servings:	50.00	Category:	Grain
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39787
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PINTO PREWSHD	1 0		788770
RICE JASMINE	6 1/4 Pound		230782

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	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 8.00 Ounce

Amount Per Serving			
Calories	80.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	18.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	1.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.18mg

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

Nutrition - Per 100g

Calories	35.27		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	7.94g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.66g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.08mg

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