

# 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

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.500 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.098 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

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

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

## Nutrition - Per 100g

No 100g Conversion Available