

Seasoned Black Beans

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28978
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN SEAS BLK DEHY	1 Pound 10 9/10 Ounce (26 9/10 Ounce)	1 Package	183900
Tap Water for Recipes	1 Gallon		000001WTR

Preparation Instructions

- RECONSTITUTE
- 1: Pour 1 gallon boiling water into 4" deep half-steamtable pan.
 - 2: Quickly pour full pouch of beans into water and cover.
 - 3: Allow beans to sit for 40 minutes on steamtable.
 - 4: Season if desired, stir, serve.

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	403.50		
Fat	2.69g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	914.60mg		
Carbohydrates	67.25g		
Fiber	24.21g		
Sugar	5.38g		
Protein	24.21g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.70mg	Iron	5.65mg

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

Nutrition - Per 100g

No 100g Conversion Available
