

Pinto Beans



Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16029
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PINTO	1 #10 CAN		261475
SPICE GARLIC POWDER	1/4 Cup		224839
SPICE ONION POWDER	1/4 Cup		126993
SPICE PEPR BLK REG FINE GRIND	1/4 Cup		225037
BASE HAM NO ADDED MSG	1/4 Cup		686691

Preparation Instructions

Mix all together and cook till 165 degrees

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	0.540
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		129.54	
Fat		0.01g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		161.30mg	
Carbohydrates		24.64g	
Fiber		5.39g	
Sugar		1.09g	
Protein		7.54g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.27mg	Iron	2.16mg

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

Nutrition - Per 100g

No 100g Conversion Available