

Black Bean



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35746
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEANS BLACK LO SOD	1/2 Cup		231981

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Serving

Amount Per Serving			
Calories		1040.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		1080.00mg	
Carbohydrates		184.00g	
Fiber		48.00g	
Sugar		8.00g	
Protein		64.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	640.00mg	Iron	15.20mg

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

Nutrition - Per 100g

No 100g Conversion Available