

Chili Beans

Servings:	81.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52657
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low-sodium, Canned	3 #10 CAN	BAKE	100364
SPICE GARLIC POWDER	1 Fluid Ounce		224839
SPICE CHILI POWDER MILD	1 Fluid Ounce		331473
SPICE MUSTARD GRND	1 Tablespoon		224928
SALT SEA	1 Teaspoon		748590

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: 81.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		105.38	
Fat		0.96g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		161.98mg	
Carbohydrates		19.16g	
Fiber		4.79g	
Sugar		4.79g	
Protein		6.71g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available
