

Seasoned Black Bean

Servings:	13.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53055
School:	Southridge Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN SEAS BLK DEHY	26 9/10 Ounce	1 Package	183900
Tap Water	1/2 Gallon		

Preparation Instructions

1. Pour 1/2 gallon boiling water into 4" deep half-steamtable pan.
2. Quickly pour beans into water and cover.
3. Allow beans to sit for 40 minutes.
4. Stir and 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
Beans, Peas, and Lentils	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 13.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		225.63	
Fat		1.50g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		511.42mg	
Carbohydrates		37.60g	
Fiber		13.54g	
Sugar		3.01g	
Added Sugar		0.00g	
Protein		13.54g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	45.13mg	Iron	3.16mg

Nutrition - Per 100g

No 100g Conversion Available
