

Pinto Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12944
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PINTO	1/2 Cup	PACKAGING: #10 CAN IN A CORRUGATE BOX. PREP. INSTRUCTIONS: THE PRODUCTS WITHIN THE CANS ARE ALREADY PROCESSED, SO THE END USER SIMPLY NEEDS TO HEAT AND SERVE.	261475
SPICE PEPR BLK REG FINE GRIND	1/4 Teaspoon	Ready To Eat	225037
SALT IODIZED	1/4 Teaspoon	Ready To Eat	125557

Preparation Instructions

PACKAGING: #10 CAN IN A CORRUGATE BOX. PREP. INSTRUCTIONS: THE PRODUCTS WITHIN THE CANS ARE ALREADY PROCESSED, SO THE END USER SIMPLY NEEDS TO HEAT AND SERVE.

CCP: Heat to 135 F or higher.

CCP: Hold for hot service at 135° F or higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.500
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	120.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	730.00mg		
Carbohydrates	21.00g		
Fiber	5.00g		
Total Sugar	1.00g		
Added Sugar	0.00g		
Protein	7.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	42.00mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available