

Fiesta Beans- Refried or Black

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44799
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEANS BLACK LO SOD	1 1/4 #10 CAN	Drain Excess Water and heat in steamer to 135F Minimum.	231981
BEAN REFRD	1 1/4 #10 CAN		293962

Preparation Instructions

No Preparation Instructions available.

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: 100.00

Serving Size: 3.00 Ounce

Amount Per Serving	
Calories	87.30
Fat	0.65g
Saturated Fat	0.16g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	215.02mg
Carbohydrates	14.87g
Fiber	3.88g
Total Sugar	0.65g
Added Sugar	0.00g
Protein	5.17g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 40.42mg	Iron 1.26mg

Nutrition - Per 100g

Calories	102.65
Fat	0.76g
Saturated Fat	0.19g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	252.82mg
Carbohydrates	17.49g
Fiber	4.56g
Total Sugar	0.76g
Added Sugar	0.00g
Protein	6.08g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 47.52mg	Iron 1.48mg