

# Corn & Black Bean salsa w/ corn chips

<b>Servings:</b>	120.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22244
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLACK	2 #10 CAN		557714
CORN SUPER SWT	1 #10 CAN		358991
SALSA 6-10 COMM	2 #10 CAN		150570
SEASONING TACO SLT FR	5 Tablespoon		605062
SPICE GARLIC POWDER	1 Teaspoon		513857
CHIP TORTL WHT TRI	13 Piece		163010

## Preparation Instructions

- 1) drain excess fluid from black beans and corn
- 2) combine black beans, corn, salsa, taco seasoning, garlic powder all together
- 3) stir together and divide into 1/2 cup portions and serve with Tortilla chips, whole grain. Serve chilled.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.108
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.208
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.163
<b>Starchy</b>	0.078

## Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	97.94
<b>Fat</b>	0.63g
<b>Saturated Fat</b>	0.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	217.17mg
<b>Carbohydrates</b>	18.14g
<b>Fiber</b>	3.33g
<b>Total Sugar</b>	3.60g
<b>Added Sugar</b>	0.69g
<b>Protein</b>	4.38g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 29.08mg	<b>Iron</b> 1.42mg

## Nutrition - Per 100g

<b>Calories</b>	88.73
<b>Fat</b>	0.57g
<b>Saturated Fat</b>	0.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	196.74mg
<b>Carbohydrates</b>	16.44g
<b>Fiber</b>	3.02g
<b>Total Sugar</b>	3.27g
<b>Added Sugar</b>	0.62g
<b>Protein</b>	3.97g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 26.35mg	<b>Iron</b> 1.29mg