

Build It- Beans

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	2.00 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 #10 CAN	Drain Excess Water and heat in steamer to 135F Minimum.	231981
BEAN REFRD	1 #10 CAN		293962

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
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: 2.00 Ounce

Amount Per Serving	
Calories	51.73
Fat	0.65g
Saturated Fat	0.26g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	147.44mg
Carbohydrates	8.54g
Fiber	2.33g
Total Sugar	0.52g
Added Sugar	0.00g
Protein	2.85g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 16.30mg	Iron 0.71mg

Nutrition - Per 100g

Calories	164.65
Fat	2.06g
Saturated Fat	0.82g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	469.25mg
Carbohydrates	27.17g
Fiber	7.41g
Total Sugar	1.65g
Added Sugar	0.00g
Protein	9.06g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 51.86mg	Iron 2.26mg