825032 - Seasoned Black Beans

Source: K12 Culinary
Number of Portions: 13
Size of Portion: 1/2 cup

Components:	Recipe Subgroups:	Attributes:
Meat/Alt:	Vegetable, Legumes	
Grains:		
Fruit:		
Vegetable: 0.5 cup		
Milk:		

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
826811 BEANS, CANNED, BLACK (TURTLE), LOW SODIU...	1 #10 can	Place undrained black beans in stockpot or kettle. If baking beans in oven, spray 2 inch full size pan with food release prior to adding beans.
825022R Seasoning Blend, Bean... 051495 Salsa, Low-sodium, Canned..	2 Tbsp 2 cups	Prepare school made Bean Seasoning Blend according to recipe # 825022. Add salsa and Bean Blend Seasoning and stir gently to blend. Simmer for at least 30 minutes or until liquid has reduced by half. For baking in convection oven, cook beans uncovered for 60 to 90 minutes until liquid is reduced by half.
011165 CORIANDER (CILANTRO) LEAVES,RAW...................	1/2 cup	Rinse fresh cilantro under running water. Wrap in single use paper towels to dry thoroughly, then finely chop. Add cut cilantro during the last 5 minutes of cooking. For stockpot or kettle beans, place in 2 inch full size pans for service. Serve with a 4 oz spoodle. **CCP: Heat to 135° F or higher.** **CCP: Hold at 135° F or higher.**

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	234	kcal	Cholesterol	0	mg	Sugars	*1.3*	g	Calcium	94.99	mg	3.32%	Calories from Total Fat
Total Fat	0.86	g	Sodium	324	mg	Protein	14.63	g	Iron	5.25	mg	0.82%	Calories from Saturated Fat
Saturated Fat	0.21	g	Carbohydrates	42.73	g	Vitamin A	717.6	IU	Water¹	*0.67*	g	*0.00%*	Calories from Trans Fat
Trans Fat²	*0.00*	g	Dietary Fiber	18.13	g	Vitamin C	14.0	mg	Ash¹	*0.09*	g	73.20%	Calories from Carbohydrates
												25.07%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for   *Printed 4/2/2023*
and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject
to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.