

Idaho Child Nutrition Programs

Recipe: 000122 Seasoned Black Beans 9-12

Recipe Source: Chef Brenda
 Recipe Group: MISCELLANEOUS

Recipe HACCP Process:

Alternate Recipe Name:
 Number of Portions: 100
 Size of Portion: 3/4 cup

011282 ONIONS,RAW..... 902436 Tomatoes, Diced, No Salt Added, Canned, USDA.....	2 LB, chopped 2 # 10 CAN	Prepare Ingredients: Dice onions and drain tomatoes.
004582 VEGETABLE OIL,CANOLA..... 050555 BEANS, CANNED, BLACK (TURTLE), LOW SODIUM.... 990130 PEPPERS,MILD GRN CHILI,CND,DRND..... 799902 CUMIN,GROUND..... 002020 GARLIC POWDER.....	1/4 CUP 7 1/2 #10 Can 51 1/2 OZ 1 CUP 1/2 CUP	Prepare and Cook Bean Mixture: Heat oil and sauté onions until opaque. Add undrained beans, drained tomatoes, undrained peppers, cumin, and garlic powder. Simmer for 20 minutes, stirring often. Serve with a slotted spoon to remove juices.

*Nutrients are based upon 1 Portion Size (3/4 cup)

Calories	245 kcal	Cholesterol	0.00 mg	Protein	15.10 g	Calcium	118.60 mg	5.58%	Calories from Total Fat
Total Fat	1.52 g	Sodium	340.63 mg	Vitamin A	45.71 RE	Iron	5.37 mg	0.94%	Calories from Saturated Fat
Saturated Fat	0.26 g	Carbohydrates	44.15 g	Vitamin A	235.18 IU	Water ¹	*21.83* g	*0.01%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	17.73 g	Vitamin C	19.27 mg	Ash ¹	*0.33* g	72.13%	Calories from Carbohydrates
								24.67%	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

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... oz				? - Milk
Grain..... oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... 0.750 cup				? - Tree Nut
Milk..... cup				? - Fish
Moisture & Fat Change				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for 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.

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Recipe

Jan 22, 2013

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	011282	ONIONS,RAW			
I	902436	Tomatoes, Diced, No Salt Added, Canned, USDA			
I	004582	VEGETABLE OIL,CANOLA			
I	050555	BEANS, CANNED, BLACK (TURTLE), LOW SO			
I	990130	PEPPERS,MILD GRN CHILI,CND,DRND			
I	799902	CUMIN,GROUND			
I	002020	GARLIC POWDER			

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