

## 825033 - Seasoned Pinto Beans

Source: K12 Culinary Number of Portions: 18 Size of Portion: 1/2 cup

> Components: Meat/Alt:

Fruit: Vegetable: 0.5 cup

Milk:

HACCP Process: #2 Same Day Service

Grains:

Recipe Subgroups: Attributes: Vegetable, Legumes Legumes Vegetables

Ingredients	Measures	Instructions				
825965 Beans, Pinto, Low Sodium Bush's 1819	1 #10 can	Place undrained black beans in stockpot or kettle. If baking beans in oven, spray full size 2 inch pan with pan release prior to adding beans.				
825022R Seasoning Blend, Bean	2 Tbsp	Add school-made 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. For stockpot or kettle beans, place in full size 2 inch steamtable pans for service. Serve with a 4 oz spoodle.  CCP: Heat to 135° F or higher.  CCP: Hold at 135° F or higher.				
		Cool leftovers, label, and store in cooler. Reheat and use within 72 hours.  CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours  CCP: Heat to 165° F or higher for at least 15 seconds				

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

				Nutricino arc	basca apon i i onion oi	2C (1/2 Cup)		
Calories	137 kcal	Cholesterol	0 mg	Sugars	*0.1* g	Calcium	57.02 mg	0.77% Calories from Total Fat
Total Fat	0.12 g	Sodium	189 mg	Protein	8.18 g	Iron	2.19 mg	0.10% Calories from Saturated Fat
Saturated Fat	0.01 g	Carbohydrates	24.59 g	Vitamin A	258.8 IU	Water <sup>1</sup>	102.82 g	*0.00%* Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	9.62 g	Vitamin C	0.0 mg	Ash <sup>1</sup>	2.42 g	71.90% Calories from Carbohydrates
								23.92% 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
- <sup>1</sup> denotes optional nutrient values
- <sup>2</sup> Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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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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