



825022 - Seasoning Blend, Bean

Source: K12 Culinary
 Number of Portions: 34
 Size of Portion: TBSP
 Alternate Recipe Name: Bean Seasoning Blend

Components:

Meat/Alt:
 Grains:
 Fruit:
 Vegetable:
 Milk:

Recipe Subgroups:

Attributes:

Condiments

HACCP Process: No HACCP Process

Ingredients	Measures	Instructions
002028 PAPRIKA.....	1 1/3 cups + 1 Tbsp	CCP: No bare hand contact with ready to eat food. Combine paprika, cumin, and ground cayenne pepper and stir until evenly blended. Store in a plastic seasoning container in a cool, dry location until ready to use. Bean blend seasoning is specially formulated to season black beans and refried beans.
900670 CUMIN,GROUND.....	2/3 cup	
002031 PEPPER,RED OR CAYENNE...	2 1/2 tsp	

*Nutrients are based upon 1 Portion Size (TBSP)

Calories	21 kcal	Cholesterol	0 mg	Sugars	*0.5* g	Calcium	29.06 mg	45.70%	Calories from Total Fat
Total Fat	1.05 g	Sodium	6 mg	Protein	1.01 g	Iron	2.29 mg	5.75%	Calories from Saturated Fat
Saturated Fat	0.13 g	Carbohydrates	3.42 g	Vitamin A	2329.2 IU	Water ¹	0.68 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.84 g	Vitamin C	0.3 mg	Ash ¹	0.51 g	65.95%	Calories from Carbohydrates
								19.58%	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.