

Date: 11/2/2012

Time: 9:54 AM



Red Beans

Hesston College

Author

Categories Side dish, Vegetarian

Tools Ladle 4 oz, Pan ST narrow 4"

Locations

Plate/Store

Yield 1 gal **Cook**
Portion 4 fl oz
Num Portions 32

Nutrition Facts	
Serving Size 4 fl oz	
Servings Per Container 32	
Amount Per Serving	
Calories 85	Calories From Fat 4
% Daily Value	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 710mg	30%
Total Carbohydrates 16g	5%
Dietary Fiber 4g	16%
Protein 5g	
Vitamin A 15%	Vitamin C 63%
Calcium 3%	Iron 7%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

- Fat Free
- Low Saturated Fat
- Cholesterol Free
- High in Vitamin C
- Good Source of Vitamin A
- Good Source of Potassium
- Good Source of Fiber