



# Charro Beans

Vegetable

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Region 12

## Notes:

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings

## Serving:

Serving is ½ cup vegetable

## Yield:

50 Servings:

100 Servings:

## Volume:

50 Servings:

100 Servings:

## Nutrients Per Serving

<b>Calories</b>	74	<b>Saturated Fat</b>	0.10 G	<b>Iron</b>	1.12 Mg
<b>Protein</b>	4.59 G	<b>Cholesterol</b>	1 Mg	<b>Calcium</b>	34.21 Mg
<b>Carbohydrate</b>	13.57 G	<b>Vitamin A</b>	116 IU	<b>Sodium</b>	307 Mg
<b>Total Fat</b>	0.48 G	<b>Vitamin C</b>	3.75 Mg	<b>Dietary Fiber</b>	4.14 G

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