Black Bean Fajita Rice Bowl (week 2) #001678

Ingredients

2.75 lbs USDA chicken fajita
8 oz USDA cheddar cheese
3.25 lbs uncooked WG brown
1.5 lbs pepper/onion blend
6.25 cups black beans
1/2 can corn or 50 oz frozen corn

Makes: 25 portions
Prep Time: 5 minutes
Cooking Time: 1 hour
Provides: 2 grains, 2.25 M/MA

Image

Nutrition Facts

C Rice Bowl, Chic/Bean 18-19

Nutrition Facts
Serving Size: Servings
Serving per Container: 1

Amount Per Serving	
Calories: 495	Calories from Fat 64
	% Daily Value*
Total Fat 7.1g	11%
Saturated Fat 3.0g	15%
Trans Fat* 0.0g	
Cholesterol 48mg	16%
Sodium 487mg	20%
Total Carbohydrate 86.4g	29%
Dietary Fiber 8.8g	36%
Protein 23.8g	48%
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 5%

* - Trans Fat value is provided for informational purposes only, not for monitoring purposes.
* - Percent Daily Values are based on a 2,000 calorie diet.
"N/A" - denotes a nutrient that is either missing or incomplete for an individual ingredient.

Possible Allergens or Sensitivites

		Yes	No	Comments
1.	Contains Egg		X	
2.	Contains Dairy	Cheese Only		
3.	Contains Nuts		X	
4.	Contains Pork		X	
5.	Contains Gluten		X	
6.	Contains Soy	X		
7.	Vegetarian	X		Without Chicken