

# NACHO SOUTHWEST BLACK BEAN & CORN #001685

## Ingredients

- 12.5 C Black beans (1/2c)
- 3 cups corn (1/8c)
- 1.75# tortilla chips (12chips)
- 8.25c Trio cheese sauce (1/4c)

**Makes:** 25 - 2/3c  
**Prep Time:**  
**Cooking Time:**  
**Provides:** 2m/ma 1G

Image



Condiments; Salsa, Sour Cream, Limes, Cilantro

## Nutrition Facts

C Nacho SW Bn/Cn/Chee sa 18-19	
<b>Nutrition Facts</b>	
Serving Size: Servings Serving per Container: 1	
Amount Per Serving	Calories from Fat 88
Calories: 298	
	% Daily Value*
Total Fat 9.8g	15%
Saturated Fat 1.1g	6%
Trans Fat* 0.0g	
Cholesterol 0mg	0%
Sodium 295mg	12%
Total Carbohydrate 42.8g	14%
Dietary Fiber 6.8g	28%
Protein 8.8g	18%
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 16%
*Percent Daily Values are provided for informational purposes only, not for monitoring purposes.	
* - Percent Daily Values are based on a diet of 2,000 calories a day.	
"NR" - denotes a nutrient that is either missing or incomplete for an individual ingredient.	

## Possible Allergens or Sensitivites

		Yes	No	Comments
1.	Contains Egg	X		cheese sauce may contain egg
2.	Contains Dairy	X		
3.	Contains Nuts		X	
4.	Contains Pork		X	
5.	Contains Gluten	X		cheese sauce may contain wheat
6.	Contains Soy	X		
7.	Vegetarian	X		