

Brown Rice Black Bean Burrito

Number of Servings: 100 (327.32 g per serving)

Amount	Measure	Ingredient
5.00	lb	Onion, white, fresh, chpd
5.22	lb	Flour, rice, brown
212.00	oz	Beans, black, cnd
10.00	lb	Corn, sweet, w/peppers, flame rstd, 80% ckd, iqf, FS
32.00	oz	Salsa
5.00	lb	Lettuce, iceberg, shredded
7.00	lb	Tomatoes, diced
100.00	ea	Tortilla, tomato, 13"

Nutrients per serving

Nutrition Facts

Serving Size (327g)
Servings Per Container

Amount Per Serving

Calories 550 **Calories from Fat 120**

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 1150mg **48%**

Total Carbohydrate 93g **31%**

Dietary Fiber 12g **48%**

Sugars 10g

Protein 16g

Vitamin A 10% • Vitamin C 25%

Calcium 20% • Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4