



advanced food products llc

RECIPE

Cheesy Pasta with Broccoli and Black Beans

Nutrition Facts

Servings Per Container	
Serving size	(284g)
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	17%
Total Carbohydrate 58g	21%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 74mg	6%
Iron 4mg	20%
Potassium 284mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS (Yield: 53 servings)

SERVING		
1 #10 Can	2 oz	Muy Fresco Reduced Sodium Cheddar Cheese Sauce
6 lb 10 oz	2 oz	Broccoli Florets
6 lb 10 oz	2 oz	Black Beans, Canned, Drained
13 lb 5 oz	4 oz	Whole Grain Pasta (Cooked)

DIRECTIONS

- Blanch broccoli in boiling water
- Mix pasta, black beans, broccoli, and cheese sauce and heat
- Hold appropriately until serving

CONTRIBUTES

1/4 Cup	Dark Green Vegetable Serving
1 oz	Meat/Meat Alternate Serving or Legume Vegetable Serving

