



United States Department of Agriculture

MyPlate KITCHEN

**What to do with Canned
Beans**

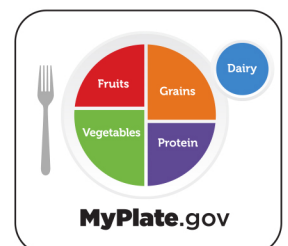


Table of Contents

| | |
|--|----|
| Roasted Chickpeas (Garbanzo Beans) | 3 |
| Black Bean Burgers | 5 |
| Italian Bean Patties | 7 |
| Bean Dip | 9 |
| Red Bean Quesadilla | 11 |
| Black Bean Quesadillas | 13 |
| Black Bean and Sweet Potato Quesadillas | 15 |
| Garden Cannellini Bean Salad | 18 |
| Simple Stuffed Peppers | 20 |
| Mac and Beans Medley | 23 |

Roasted Chickpeas (Garbanzo Beans)



Makes: 4 Servings

Cook Time: 45 minutes

These crunchy chickpeas make a great on-the-go snack or a healthy topping to your favorite salad. Experiment with different spices to see which ones you like best.

Ingredients

- 1 can (16 oz) garbanzo beans (drained and rinsed)
- 1 tablespoon canola oil
- 1/8 teaspoon salt
- spices of your choice (try garlic, paprika, sage, etc.)

Directions

1. Preheat oven to 400 degrees F.
2. Drain and rinse the beans until there is no foamy residue. Pick out the skins and discard. Wrap the drained beans in a clean towel to dry thoroughly.
3. Measure oil into a 9 x 13 baking dish or foil lined pan. Pour beans into dish, sprinkle with salt and spices. Mix oil and spices well to coat all the beans.
4. Bake for 45-60 minutes, stirring or shaking every 15 minutes. Longer makes more crunch, but watch to prevent burning!

Source:

USDA Supplemental Nutrition Assistance Program (SNAP)

Nutrition Information

Serving Size: 1/4 cup

| Nutrients | Amount |
|-----------|--------|
|-----------|--------|

| | |
|-----------------------|------------|
| Total Calories | 161 |
|-----------------------|------------|

| | |
|------------------|------------|
| Total Fat | 6 g |
|------------------|------------|

| | |
|---------------|-----|
| Saturated Fat | 0 g |
|---------------|-----|

| | |
|-------------|------|
| Cholesterol | 0 mg |
|-------------|------|

| | |
|---------------|---------------|
| Sodium | 252 mg |
|---------------|---------------|

| | |
|----------------------|-------------|
| Carbohydrates | 22 g |
|----------------------|-------------|

| | |
|---------------|-----|
| Dietary Fiber | 6 g |
|---------------|-----|

| | |
|--------------|-----|
| Total Sugars | 4 g |
|--------------|-----|

| | |
|-----------------------|-----|
| Added Sugars included | 0 g |
|-----------------------|-----|

| | |
|----------------|------------|
| Protein | 7 g |
|----------------|------------|

| | |
|-----------|-------|
| Vitamin D | 0 mcg |
|-----------|-------|

| | |
|---------|-------|
| Calcium | 35 mg |
|---------|-------|

| | |
|------|------|
| Iron | 2 mg |
|------|------|

| | |
|-----------|--------|
| Potassium | 220 mg |
|-----------|--------|

Note: only nutrients that are available will show on this display

MyPlate Food Groups

Vegetables 1/2 cups

Protein Foods 1 1/2 ounces



[Visit MyPlate.gov](http://www.MyPlate.gov)

Black Bean Burgers



Makes: 4 Servings

Preparation Time: 30 minutes

Cook Time: 30 minutes

Black beans and cooked rice are used as the base of these delicious burgers. Flavored with scallions, garlic and spices, these are sure to please the whole family.

Ingredients

- 1 can 15.5 ounce low-sodium black beans (drained and rinsed with cold water)
- 1 large egg
- 1/2 cup cooked brown rice
- 2 scallions (green and white minced about 1/4 cup)
- 2 tablespoons Chopped fresh cilantro (or basil leaves or a combination)
- 1 clove garlic (peeled and minced)
- 1/4 teaspoon dried oregano or basil
- 1 teaspoon vegetable oil
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 4 whole-wheat buns

Directions

1. Add beans to a bowl and mash with a fork until chunky. Add the egg and mix well.
2. Add precooked rice, scallions, garlic and oregano, salt and pepper and mix until well combined.
3. Divide the mixture into 4 portions and form each portion into a patty about $\frac{3}{4}$ to 1 inch thick.
4. Place a large skillet on the stove on high heat. When the skillet is hot, add oil. Add burgers and cook 4 to 5 minutes per side until browned on both sides and heated throughout. Place on a whole wheat bun.

Source:

USDA Center for Nutrition Policy and Promotion

Nutrition Information

Serving Size: 3 ounce

| Nutrients | Amount |
|-----------|--------|
|-----------|--------|

| | |
|-----------------------|------------|
| Total Calories | 274 |
|-----------------------|------------|

| | |
|------------------|------------|
| Total Fat | 5 g |
|------------------|------------|

| | |
|---------------|-----|
| Saturated Fat | 1 g |
|---------------|-----|

| | |
|-------------|-------|
| Cholesterol | 53 mg |
|-------------|-------|

| | |
|---------------|---------------|
| Sodium | 668 mg |
|---------------|---------------|

| | |
|----------------------|-------------|
| Carbohydrates | 47 g |
|----------------------|-------------|

| | |
|---------------|------|
| Dietary Fiber | 12 g |
|---------------|------|

| | |
|--------------|-----|
| Total Sugars | 4 g |
|--------------|-----|

| | |
|-----------------------|-----|
| Added Sugars included | 3 g |
|-----------------------|-----|

| | |
|----------------|-------------|
| Protein | 13 g |
|----------------|-------------|

| | |
|-----------|-------|
| Vitamin D | 0 mcg |
|-----------|-------|

| | |
|---------|--------|
| Calcium | 106 mg |
|---------|--------|

| | |
|------|------|
| Iron | 4 mg |
|------|------|

| | |
|-----------|--------|
| Potassium | 516 mg |
|-----------|--------|

Note: only nutrients that are available will show on this display

MyPlate Food Groups

Vegetables 3/4 cups

Grains 2 ounces

Protein Foods 1/2 ounces



[Visit MyPlate.gov](http://www.MyPlate.gov)

Italian Bean Patties



Makes: 8 servings

Combine your favorite beans with herbs and spices to make a delicious patty for dinner tonight!

Ingredients

- 2 cups beans, low-sodium (canned or cooked)
- 1 egg (beaten)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 teaspoons Italian seasoning
- 1 cup bread crumbs (dry, or cracker crumbs)
- 1/8 cup cornmeal (or all purpose flour)
- 2 tablespoons vegetable oil

Directions

1. In a large bowl, mash beans. Add egg and spices and stir to mix evenly.
2. Stir in bread crumbs. If mixture seems too wet add more breadcrumbs, 1 Tablespoon at a time until mixture resembles meatloaf.
3. Shape into little sausages or patties. Roll in cornmeal or flour.
4. Fry slowly in vegetable oil over medium heat until crusty and golden brown.

Source:

Montana State University Extension Service
Nutrition Education Program

Nutrition Information

Serving Size: 1/4 of recipe (175g)

| Nutrients | Amount |
|------------------|---------------|
|------------------|---------------|

| | |
|-----------------------|------------|
| Total Calories | 140 |
|-----------------------|------------|

| | |
|------------------|------------|
| Total Fat | 5 g |
|------------------|------------|

| | |
|---------------|-----|
| Saturated Fat | 1 g |
|---------------|-----|

| | |
|-------------|-------|
| Cholesterol | 23 mg |
|-------------|-------|

| | |
|---------------|---------------|
| Sodium | 168 mg |
|---------------|---------------|

| | |
|----------------------|-------------|
| Carbohydrates | 19 g |
|----------------------|-------------|

| | |
|---------------|-----|
| Dietary Fiber | 4 g |
|---------------|-----|

| | |
|--------------|-----|
| Total Sugars | 1 g |
|--------------|-----|

| | |
|-----------------------|-----|
| Added Sugars included | 1 g |
|-----------------------|-----|

| | |
|----------------|------------|
| Protein | 5 g |
|----------------|------------|

| | |
|-----------|-------|
| Vitamin D | 0 mcg |
|-----------|-------|

| | |
|---------|-------|
| Calcium | 50 mg |
|---------|-------|

| | |
|------|------|
| Iron | 2 mg |
|------|------|

| | |
|-----------|--------|
| Potassium | 181 mg |
|-----------|--------|

Note: only nutrients that are available will show on this display

MyPlate Food Groups

Vegetables 1/4 cups

Grains 1 ounces

Protein Foods 1 ounces



[Visit MyPlate.gov](http://www.MyPlate.gov)

Bean Dip



Makes: 6 servings

Serve this easy-to-make bean and cheese dip at a party or as an after-school snack at home.

Ingredients

- 2 cups kidney beans (canned, low-sodium)
- 1 tablespoon vinegar
- 3/4 teaspoon chili powder
- 1/8 teaspoon cumin (ground)
- 2 tablespoons onion (2 teaspoon, finely chopped)
- 1 cup cheddar cheese (grated)

Directions

1. Wash hands with soap and water.
2. Drain the kidney beans, but save the liquid in a small bowl
3. Place the beans, vinegar, chili powder and cumin in a blender. Blend until smooth. Add enough saved bean liquid to make the dip easy to spread.
4. Stir in the chopped onion and grated cheese.
5. Store in a tightly covered container and place in the fridge
6. Serve with raw vegetable sticks or crackers.

Source:

Pennsylvania Nutrition Education Network

Nutrition Information

Serving Size: 1/2 cup, 1/6 of recipe (108g)

| Nutrients | Amount |
|-----------|--------|
|-----------|--------|

| | |
|-----------------------|------------|
| Total Calories | 124 |
|-----------------------|------------|

| | |
|------------------|------------|
| Total Fat | 7 g |
|------------------|------------|

| | |
|---------------|-----|
| Saturated Fat | 4 g |
|---------------|-----|

| | |
|-------------|-------|
| Cholesterol | 20 mg |
|-------------|-------|

| | |
|---------------|---------------|
| Sodium | 198 mg |
|---------------|---------------|

| | |
|----------------------|------------|
| Carbohydrates | 9 g |
|----------------------|------------|

| | |
|---------------|-----|
| Dietary Fiber | 3 g |
|---------------|-----|

| | |
|--------------|-----|
| Total Sugars | 1 g |
|--------------|-----|

| | |
|-----------------------|-----|
| Added Sugars included | 0 g |
|-----------------------|-----|

| | |
|----------------|------------|
| Protein | 8 g |
|----------------|------------|

| | |
|-----------|-------|
| Vitamin D | 0 mcg |
|-----------|-------|

| | |
|---------|--------|
| Calcium | 154 mg |
|---------|--------|

| | |
|------|------|
| Iron | 1 mg |
|------|------|

| | |
|-----------|--------|
| Potassium | 178 mg |
|-----------|--------|

Note: only nutrients that are available will show on this display

MyPlate Food Groups

Vegetables 1/4 cups

Protein Foods 1 1/2 ounces

Dairy 1/2 cups



[Visit MyPlate.gov](http://www.MyPlate.gov)

Red Bean Quesadilla



Makes: 4 Servings

Preparation Time: 20 minutes

Cook Time: 20 minutes

Whole grain tortillas filled with mashed red beans, spinach, cheese, and avocado are heated until warm, melted, and golden brown.

Ingredients

- 4 8-inch whole wheat tortilla
- 1 cup frozen spinach (thawed and squeezed to remove excess liquid)
- 1/2 cup shredded Monterey Jack or Cheddar cheese
- 1 avocado (peeled pitted chopped)
- 1 can 15.5 ounce low-sodium red kidney beans (drained and rinsed with cold water)
- garlic powder or dry herbs (optional)

Directions

1. Using a fork, mash beans in a bowl until slightly chunky. Add no-salt seasonings such as garlic powder and dried or fresh herbs, if desired.
2. Place 1 tortilla on a plate and top with half the mashed beans.
3. Top the beans with ½ cup of the spinach.
4. Top the spinach with half the cheese.
5. Top the cheese with half the avocado, (optional).
6. Put the other tortilla on top of the avocado, gently pressing it down so the top half sticks.
7. Repeat with the remaining 2 tortillas.
8. Place a nonstick skillet on the stove over medium and heat until warm, then place 1 quesadilla in the dry skillet. Cook until golden brown, about 1-2 minutes on each side. (Or put the plate in the microwave and heat until the cheese melts, about 45 seconds.)
9. Repeat with the remaining quesadilla.
10. Cut each quesadilla into quarters. Serve warm.

Source:

USDA Center for Nutrition Policy and Promotion

Nutrition Information

Serving Size: 1/2 quesadilla

| Nutrients | Amount |
|-----------|--------|
|-----------|--------|

| | |
|-----------------------|------------|
| Total Calories | 326 |
|-----------------------|------------|

| | |
|------------------|------------|
| Total Fat | 9 g |
|------------------|------------|

| | |
|---------------|-----|
| Saturated Fat | 5 g |
|---------------|-----|

| | |
|-------------|-------|
| Cholesterol | 22 mg |
|-------------|-------|

| | |
|---------------|---------------|
| Sodium | 509 mg |
|---------------|---------------|

| | |
|----------------------|-------------|
| Carbohydrates | 48 g |
|----------------------|-------------|

| | |
|---------------|------|
| Dietary Fiber | 11 g |
|---------------|------|

| | |
|--------------|-----|
| Total Sugars | 3 g |
|--------------|-----|

| | |
|-----------------------|-----|
| Added Sugars included | 0 g |
|-----------------------|-----|

| | |
|----------------|-------------|
| Protein | 18 g |
|----------------|-------------|

| | |
|-----------|-------|
| Vitamin D | 0 mcg |
|-----------|-------|

| | |
|---------|--------|
| Calcium | 280 mg |
|---------|--------|

| | |
|------|------|
| Iron | 4 mg |
|------|------|

| | |
|-----------|--------|
| Potassium | 596 mg |
|-----------|--------|

Note: only nutrients that are available will show on this display

MyPlate Food Groups

Vegetables 1 cup

Grains 2 ounces

Dairy 1/2 cups



[Visit MyPlate.gov](http://www.MyPlate.gov)

Black Bean Quesadillas



Makes: 8 Servings

Preparation Time: 15 minutes

Enjoy a quesadilla any night of the week! This quesadilla recipe can be served as a tasty lunch, dinner or side dish.

Ingredients

- 3/4 cup chunky salsa (or Pico De Gallo)
- 1 can 15.5 ounce low-sodium black beans (drained and rinsed)
- 2 cups shredded reduced-fat Colby & Monterey Jack cheese
- 2 tablespoons fresh cilantro (finely chopped)
- 4 8 inch flour tortillas
- 1/2 teaspoon extra virgin olive oil

Directions

1. Using a small-hole strainer, drain liquid from salsa; discard liquid.
2. Transfer leftover tomato mixture to a medium bowl.
3. Mix in black beans, cheese, and cilantro until combined.
4. Divide black bean mixture evenly over half of each tortilla (about 1/2 cup each).
5. Fold tortillas in half.
6. Heat large griddle or skillet over medium-high heat.
7. Brush with oil.
8. Place filled tortillas on a griddle.
9. Cook, carefully flipping once, until tortillas are gold brown and crisp and cheese filling melts, about 5 minutes.
10. Cut quesadillas into wedges.

Source:

[The Best of La Cocina Goya: Healthy, Tasty, Affordable Latin Cooking](#)

Nutrition Information

| Nutrients | Amount |
|-----------------------|---------------|
| Total Calories | 160 |
| Total Fat | 5 g |
| Saturated Fat | 2 g |
| Cholesterol | 5 mg |
| Sodium | 490 mg |
| Carbohydrates | 25 g |
| Dietary Fiber | 4 g |
| Total Sugars | 1 g |
| Added Sugars included | 0 g |
| Protein | 7 g |
| Vitamin D | 0 mcg |
| Calcium | 96 mg |
| Iron | 2 mg |
| Potassium | 287 mg |

Note: only nutrients that are available will show on this display

MyPlate Food Groups

Vegetables 1/4 cups

Grains 1 ounce



[Visit MyPlate.gov](http://www.MyPlate.gov)

Black Bean and Sweet Potato Quesadillas



Makes: 4 Servings

Enjoy a simple twist on the classical quesadilla. These quesadillas can be served as a tasty lunch, dinner, or side dish.

Ingredients

- 1 non-stick cooking spray
- 1 medium sweet potato (cooked and cut into pieces)
- 1 cup black beans, canned
- 1 small onion
- 1 clove garlic
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons paprika
- 1/2 large chili pepper
- 2 tablespoons sour cream, low-fat OR reduced fat plain yogurt
- 8 whole wheat tortillas
- 1/4 cup cheddar cheese, reduced-fat
- 1/2 cup baby spinach

Directions

1. Saute onion and garlic (using nonstick cooking spray) in a medium size pan until soft.
2. Add sweet potatoes, black beans, spices, and jalapeno.
3. Heat until just warm.
4. Spread potato mixture over tortilla, then top with baby spinach, cheese, and onion.
5. Top with second tortilla.
6. Heat a pan on high heat and spray with nonstick cooking spray.
7. Brown quesadilla about one minute on each side, until the inside is warm and the cheese is melted.

Source:

What to do with Canned Beans

Nutrition Information

Serving Size: 1 Quesadilla

| Nutrients | Amount |
|-----------------------|---------------|
| Total Calories | 449 |
| Total Fat | 11 g |
| Saturated Fat | 3 g |
| Cholesterol | 6 mg |
| Sodium | 814 mg |
| Carbohydrates | 73 g |
| Dietary Fiber | 9 g |
| Total Sugars | 5 g |
| Added Sugars included | 0 g |
| Protein | 15 g |
| Calcium | 258 mg |
| Iron | 6 mg |
| Potassium | 577 mg |

Note: only nutrients that are available will show on this display

MyPlate Food Groups

Vegetables 1/2 cups
Grains 3 1/2 ounces
Protein Foods 1 ounces
Dairy 1/4 cups



[Visit MyPlate.gov](http://www.MyPlate.gov)

Garden Cannellini Bean Salad



Makes: 4 Servings

Preparation Time: 45 minutes

Chopped tomatoes, bell peppers, and cucumbers combine with cannellini (white) beans, almonds, and a simple vinaigrette, for a delicious and satisfying salad.

Ingredients

- 1 tablespoon olive oil
- 2 teaspoons white wine vinegar
- 1/2 cup apple juice
- 1 tablespoon tomato basil garlic seasoning blend, no-salt

For the Bean Salad:

- 1/2 cup almond slivers
- 2 tomatoes, coarsely chopped
- 1/2 yellow bell pepper, chopped
- 1/2 cucumber, peeled, chopped
- 3 green onions, sliced
- 2 14½ oz cans cannellini (white) beans, no-salt-added, drained, and rinsed
- Large lettuce leaves (Boston, Bibb, or romaine)

Directions

1. Whisk together dressing ingredients in a small bowl.
2. In a small sauté pan, toast almond slivers until golden.
3. Remove from pan and let cool.
4. In a medium bowl, toss dressing with all ingredients except lettuce.
5. Refrigerate until ready to serve.
6. To serve, place lettuce leaves on individual plates; top with salad.

Source:

Produce for Better Health Foundation

Nutrition Information

Serving Size: 1/4 of Garden Cannellini Bean Salad

| Nutrients | Amount |
|-----------|--------|
|-----------|--------|

| | |
|-----------------------|------------|
| Total Calories | 250 |
|-----------------------|------------|

| | |
|------------------|------------|
| Total Fat | 9 g |
|------------------|------------|

| | |
|---------------|-----|
| Saturated Fat | 1 g |
|---------------|-----|

| | |
|-------------|------|
| Cholesterol | 0 mg |
|-------------|------|

| | |
|---------------|--------------|
| Sodium | 60 mg |
|---------------|--------------|

| | |
|----------------------|-------------|
| Carbohydrates | 33 g |
|----------------------|-------------|

| | |
|---------------|-----|
| Dietary Fiber | 9 g |
|---------------|-----|

| | |
|--------------|-----|
| Total Sugars | 8 g |
|--------------|-----|

| | |
|-----------------------|-----|
| Added Sugars included | 0 g |
|-----------------------|-----|

| | |
|----------------|-------------|
| Protein | 11 g |
|----------------|-------------|

| | |
|-----------|-------|
| Vitamin D | 0 mcg |
|-----------|-------|

| | |
|---------|--------|
| Calcium | 100 mg |
|---------|--------|

| | |
|------|------|
| Iron | 4 mg |
|------|------|

| | |
|-----------|---------|
| Potassium | 1695 mg |
|-----------|---------|

Note: only nutrients that are available will show on this display

MyPlate Food Groups

Vegetables 1 cup

Protein Foods 3 ounces



[Visit MyPlate.gov](http://www.MyPlate.gov)

Simple Stuffed Peppers



Makes: 4 Servings

These simple stuffed peppers are fun and flavorful. Use yellow, red, green, and orange peppers for a colorful dish.

Ingredients

- 1 cup brown rice, uncooked
- 1 can black beans, unsalted (15 ounces)
- 4 bell peppers (any color)
- 1 cup cheddar cheese, shredded (reduced fat)
- 1 tomato, sliced
- 1 cup salsa
- salt (to taste, optional)

Directions

1. Preheat the oven to 400°F.
2. Cook brown rice according to package directions.
3. Wash the peppers under running water.
4. Cut the tops off the peppers and spoon out the seeds.
5. Drain and rinse the black beans.
6. Combine the beans, rice, salsa and salt (optional).
7. Spoon about 3 Tablespoons of the mixture into the bottom of each pepper.
8. Place a slice of tomato on top of the mixture and sprinkle with 2 tablespoons of cheese.
9. Repeat steps 7 and 8 to fill the pepper completely but do not top with cheese.
10. Bake peppers for 30 minutes, top each with 2 Tablespoons of cheese and continue baking for 15 minutes more.

Source:

What to do with Canned Beans

Nutrition Information

Serving Size: 1/4 of recipe

| Nutrients | Amount |
|-----------|--------|
|-----------|--------|

| | |
|-----------------------|------------|
| Total Calories | 357 |
|-----------------------|------------|

| | |
|------------------|------------|
| Total Fat | 4 g |
|------------------|------------|

| | |
|---------------|-----|
| Saturated Fat | 2 g |
|---------------|-----|

| | |
|-------------|------|
| Cholesterol | 6 mg |
|-------------|------|

| | |
|---------------|---------------|
| Sodium | 599 mg |
|---------------|---------------|

| | |
|----------------------|-------------|
| Carbohydrates | 63 g |
|----------------------|-------------|

| | |
|---------------|------|
| Dietary Fiber | 13 g |
|---------------|------|

| | |
|--------------|-----|
| Total Sugars | 6 g |
|--------------|-----|

| | |
|-----------------------|-----|
| Added Sugars included | 0 g |
|-----------------------|-----|

| | |
|----------------|-------------|
| Protein | 19 g |
|----------------|-------------|

| | |
|-----------|-------|
| Vitamin D | 0 mcg |
|-----------|-------|

| | |
|---------|--------|
| Calcium | 191 mg |
|---------|--------|

| | |
|------|------|
| Iron | 3 mg |
|------|------|

| | |
|-----------|--------|
| Potassium | 788 mg |
|-----------|--------|

Note: only nutrients that are available will show on this display

MyPlate Food Groups

Vegetables 2 cups

Grains 1 1/2 ounces

Protein Foods 2 1/2 ounces

Dairy 1/4 cups



[Visit MyPlate.gov](http://www.MyPlate.gov)

Mac and Beans Medley



Makes: 4 servings

Bell peppers, tomatoes, and beans add color and flavor to this meal, while the red pepper flakes add a little bit of heat.

Ingredients

- 4 garlic clove
- 1 bell pepper (green, red, yellow, or orange)
- 2 tablespoons oil
- 1 can tomatoes (14-15 ounces, diced)
- 1 can beans (15.5 ounces, black, kidney, pinto or other, drained and rinsed)
- 1/2 teaspoon red pepper flakes (crushed)
- 2 cups macaroni (cooked, without salt or fat added or other pasta)

Directions

1. Wash hands with warm water and soap.
2. Peel and finely chop the garlic. Core, seed, and finely chop the bell pepper.
3. Heat oil in large skillet over medium-high heat. Add garlic and bell pepper. Cook for one minute. Do not let garlic brown. Add diced tomatoes (do not drain) and red pepper flakes.
4. Cover the skillet and lower heat. Cook for 10 minutes or until sauce is slightly thickened.
5. Add beans and cooked macaroni to skillet and cook 5 minutes or until heated through.
6. Serve hot.

Source: Arizona Nutrition Network, [Champions for Change Recipes](#)

Nutrition Information

Serving Size: 1/4 of recipe (316g)

| Nutrients | Amount |
|-----------|--------|
|-----------|--------|

| | |
|-----------------------|------------|
| Total Calories | 340 |
|-----------------------|------------|

| | |
|------------------|------------|
| Total Fat | 8 g |
|------------------|------------|

| | |
|---------------|-----|
| Saturated Fat | 1 g |
|---------------|-----|

| | |
|-------------|------|
| Cholesterol | 0 mg |
|-------------|------|

| | |
|---------------|---------------|
| Sodium | 336 mg |
|---------------|---------------|

| | |
|----------------------|-------------|
| Carbohydrates | 54 g |
|----------------------|-------------|

| | |
|---------------|------|
| Dietary Fiber | 13 g |
|---------------|------|

| | |
|--------------|-----|
| Total Sugars | 4 g |
|--------------|-----|

| | |
|-----------------------|-----|
| Added Sugars included | 0 g |
|-----------------------|-----|

| | |
|----------------|-------------|
| Protein | 14 g |
|----------------|-------------|

| | |
|-----------|-------|
| Vitamin D | 0 mcg |
|-----------|-------|

| | |
|---------|--------|
| Calcium | 108 mg |
|---------|--------|

| | |
|------|------|
| Iron | 5 mg |
|------|------|

| | |
|-----------|--------|
| Potassium | 773 mg |
|-----------|--------|

Note: only nutrients that are available will show on this display

MyPlate Food Groups

Vegetables 1 1/4 cups

Grains 1 ounce

Protein Foods 2 1/2 ounces



[Visit MyPlate.gov](http://www.MyPlate.gov)