

Refried Beans

Servings:	250.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Refried Beans w/taco seasoning

Nutrition Information

Calories	69.74	Protein	4.10g
Fat	0.15g	SaturatedFat	0.00g
Trans Fat	0.01g	Cholesterol	0.00mg
Carbohydrates	12.37g	Fiber	3.17g
Sugar	0.54g	Sodium	246.00mg
Iron	0.38mg	Vitamin C	0.44mg
Vitamin A	372.15IU	Calcium	9.39mg

Ingredients

1100 Fluid Ounce Beans, Refried, Low sodium, canned

BAKE

Open can and heat according to recipe or instructions on can

27 Ounce SEASONING TACO MIX 6-9Z LAWR

Preparation Instructions

Prepare 3 steam table pans. Put 3 cans in each pan. Divide up one can per the 3 pans. Add one taco seasoning packet per pan. Mash with a potato masher, and mix. Cover with foil and bake at 400 degrees for 1 to 2 hours or until reaches and internal temp of 165 or hotter.

Place in steam table and serve.