

# Refried Beans

|                      |                     |                       |                  |
|----------------------|---------------------|-----------------------|------------------|
| <b>Servings:</b>     | 200.00              | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup            | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch               | <b>Recipe ID:</b>     | R-44299          |
| <b>School:</b>       | Highland Elementary |                       |                  |

## Ingredients

| Description                | Measurement | DistPart # |
|----------------------------|-------------|------------|
| BEAN REFRIED VEGTAR LO SOD | 200 Serving | 668341     |

## Preparation Instructions

Gather a 4" pan and put 4 Liters of water in the pan and place it in the steamer for 20 minutes. Then open 2 bags of dehydrated beans and pour them into the water and mix well. Let set for about 15

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.500 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 0.50 Cup

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 140.00   |                  |        |
| <b>Fat</b>           | 0.50g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 140.00mg |                  |        |
| <b>Carbohydrates</b> | 24.00g   |                  |        |
| <b>Fiber</b>         | 9.00g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <b>Protein</b>       | 9.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 50.00mg  | <b>Iron</b>      | 2.10mg |

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available