

# Cheesy Bean Twister Sandwich



<b>Servings:</b>	150.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3934

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD ULTRA LOCO WGRAIN 6.5IN	125 Each	<b>THAW</b> Ultra Loco Bread is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen	696831
BEAN REFRD 6-10 ROSARITA	4 1/14 Gallon		293962
TOMATO DCD I/JCE	2 Gallon		246131
CHEESE CHED MLD SHRD FINE	1 Quart 1 Pint 1/4 Cup (6 1/4 Cup)		191043

## Preparation Instructions

WASH HANDS.

1. Place bread on parchment-lined or pan-sprayed full sheet pan to thaw.
2. Spread each piece of bread with 1/2 cup beans to within 1/2 inch from the edge. Top with tomatoes and shredded cheese.
3. Roll up to form a log. Cut the log in 1/2.
4. Bake for 11-15 minutes at 350 for a convection oven, or 16-20 minutes at 400 degrees in a standard oven.  
CCP: Final internal cooking temperature must reach a minimum of 135°F, held for a minimum of 15 seconds.  
CCP: Hot food held for later service must maintain a minimum internal temperature of 135°F.
5. Serve within 3 hours.

Child Nutrition: 1 Each (2 halves) provides=

2 oz eq grains, 1/2 cup beans/peas, 1/4 cup red/orange vegetable, and 1 oz meat alternate

OR

2 oz eq grains, 3 oz meat/meat alternate, and 1/4 cup red/orange vegetable

Updated October 2013

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.085
<b>Grain</b>	1.667
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.213
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.434
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	275.59
<b>Fat</b>	5.74g
<b>SaturatedFat</b>	1.27g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.01mg
<b>Sodium</b>	732.40mg
<b>Carbohydrates</b>	44.36g
<b>Fiber</b>	7.71g
<b>Sugar</b>	3.41g
<b>Protein</b>	11.71g
<b>Vitamin A</b> 15.02IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 142.11mg	<b>Iron</b> 3.36mg

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

### Nutrition - Per 100g

No 100g Conversion Available