

# Refried Beans

<b>Servings:</b>	16.00	<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-38820
<b>School:</b>	Knox Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR	1 Pound 11 1/11 Ounce (27 1/11 Ounce)	1 Package	703753
Tap Water for Recipes	1/2 Gallon		000001WTR

## Preparation Instructions

### RECONSTITUTE

- 1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan.
- 2: Quickly pour full pouch of beans into water and cover.
- 3: Allow beans to sit for 25 minutes on steamtable.
- 4: Season if desired, stir, serve.

### 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: 16.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	173.78
<b>Fat</b>	1.86g
<b>SaturatedFat</b>	0.62g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	682.71mg
<b>Carbohydrates</b>	28.55g
<b>Fiber</b>	11.17g
<b>Sugar</b>	0.00g
<b>Protein</b>	11.17g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	62.06mg
<b>Iron</b>	2.61mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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