

Refried Beans with Cheese

NO IMAGE

| | | | |
|----------------------|--|-----------------------|------------------|
| Servings: | 32.00 | Category: | Vegetable |
| Serving Size: | 0.50 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-28454 |
| School: | CUSTER BAKER INTERMEDIATE SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|---|------------|
| BEAN REFRIED VEGTAR LO SOD | 2 Package | 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. | 668341 |
| Cold Water | 1 Gallon | Heat water to boiling or dispense from the hot water dispenser. | 0000 |
| CHEESE MOZZ SHRD | 12 Ounce | | 645170 |

Preparation Instructions

Pour 2 pouches of beans into a full size 4" deep pan.

Quickly pour 1 gallon water over beans and cover.

Allow beans to sit for 25 minutes. Cover and steam until temp reaches 140° for 15 seconds.

Sprinkle shredded cheese over the beans, 12 oz. per pan.

CCP: Hold for hot service at 135° or higher.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.375 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 1.079 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 0.50

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 493.07 |
| Fat | 3.89g |
| SaturatedFat | 1.31g |
| Trans Fat | 0.00g |
| Cholesterol | 5.63mg |
| Sodium | 526.82mg |
| Carbohydrates | 79.12g |
| Fiber | 29.53g |
| Sugar | 0.38g |
| Protein | 32.15g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 240.92mg | Iron 6.89mg |

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

Nutrition - Per 100g

No 100g Conversion Available