

Refried Beans

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23045

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Refried, Low sodium, canned	3 #10 CAN	Use commodity first, but if not available use GFS#293962	100362
Cheese, Cheddar Reduced fat, Shredded	1 Pint 1 Cup (3 Cup)		100012

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 72.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		131.89	
Fat		1.00g	
SaturatedFat		0.67g	
Trans Fat*		0.00g	
Cholesterol		3.33mg	
Sodium		184.22mg	
Carbohydrates		21.72g	
Fiber		5.39g	
Sugar		1.08g	
Protein		8.71g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available
