

Refried Beans

Servings:	16.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52534
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY	1 Pound 12 Ounce (28 Ounce)	1 Package	183910
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	
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: 16.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		188.62	
Fat		1.57g	
SaturatedFat		0.52g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		681.14mg	
Carbohydrates		32.49g	
Fiber		10.48g	
Sugar		0.00g	
Protein		10.48g	
Vitamin A	0.73IU	Vitamin C	1.04mg
Calcium	58.63mg	Iron	2.53mg

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

Nutrition - Per 100g

No 100g Conversion Available
