

Refried Beans



Servings:	15.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15958
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY	1/2 Cup	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.	183910
SPICE CHILI POWDER MEXENE 6-4# BRUCE	1 Tablespoon 1 1 Teaspoon (5 Teaspoon)		707553
SPICE ONION POWDER	1 Teaspoon		126993
SPICE CUMIN GRND	1 Teaspoon		273945
CHEESE CHED MLD SHRD FINE	1 Pint		191043

Preparation Instructions

Mix beans according to package. add all other ingredients except cheese. Steam for 15-20 mins until temp reaches 165 degrees. then put cheese on top.

If you cup it , cup before adding cheese then add cheese to top.

Meal Components (SLE)

Amount Per Serving

Meat	0.533
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.110
Starch	0.000

Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	98.26**
Fat	5.13g**
SaturatedFat	2.78g**
Trans Fat*	0.00g**
Cholesterol	16.00mg**
Sodium	244.31mg**
Carbohydrates	7.62g**
Fiber	2.20g**
Sugar	0.00g**
Protein	5.40g**
Vitamin A 48.15IU**	Vitamin C 0.22mg**
Calcium 118.97mg**	Iron 0.64mg**

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available