

# Refried Beans

|               |                      |                |                  |
|---------------|----------------------|----------------|------------------|
| Servings:     | 16.00                | Category:      | Vegetable        |
| Serving Size: | 0.50 Cup             | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                | Recipe ID:     | R-9322           |
| School:       | Highland High School |                |                  |

## Ingredients

| Description            | Measurement | Prep Instructions | DistPart # |
|------------------------|-------------|-------------------|------------|
| BEAN REFRIED SEAS DEHY | 1 3/4 Pound | 1 Package         | 183910     |
| Tap Water              | 8 Cup       |                   |            |

## Preparation Instructions

- 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: Stir and 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 |
| Beans, Peas, and Lentils | 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     |        |
| Saturated Fat              |         | 0.52g     |        |
| Trans Fat                  |         | 0.00g     |        |
| Cholesterol                |         | 0.00mg    |        |
| Sodium                     |         | 681.14mg  |        |
| Carbohydrates              |         | 32.49g    |        |
| Fiber                      |         | 10.48g    |        |
| Sugar                      |         | 0.00g     |        |
| Added Sugar                |         | 0.00g     |        |
| Protein                    |         | 10.48g    |        |
| Vitamin A                  | 0.73mcg | Vitamin C | 1.04mg |
| Calcium                    | 58.63mg | Iron      | 2.53mg |

## Nutrition - Per 100g

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No 100g Conversion Available

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