

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	1/2 Gallon		

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

No 100g Conversion Available
