

Refried Beans with Cheese

NO IMAGE

| | | | |
|----------------------|--|-----------------------|------------------|
| Servings: | 32.00 | Category: | Vegetable |
| Serving Size: | 0.50 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-28454 |
| School: | CUSTER BAKER INTERMEDIATE SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|---|------------|
| BEAN REFRIED VEGTAR LO SOD | 2 Package | 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. | 668341 |
| Cold Water | 1 Gallon | Heat water to boiling or dispense from the hot water dispenser. | 0000 |
| CHEESE MOZZ SHRD | 12 Ounce | | 645170 |

Preparation Instructions

Pour 2 pouches of beans into a full size 4" deep pan.

Quickly pour 1 gallon water over beans and cover.

Allow beans to sit for 25 minutes. Cover and steam until temp reaches 140° for 15 seconds.

Sprinkle shredded cheese over the beans, 12 oz. per pan.

CCP: Hold for hot service at 135° or higher.

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.375 |
| Grain | 0.000 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 1.079 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 0.50

| Amount Per Serving | |
|--------------------------|-------------------------|
| Calories | 467.76 |
| Fat | 2.20g |
| Saturated Fat | 0.33g |
| Trans Fat | 0.00g |
| Cholesterol | 1.41mg |
| Sodium | 476.19mg |
| Carbohydrates | 78.83g |
| Fiber | 29.53g |
| Total Sugar | 0.09g |
| Added Sugar | 0.00g |
| Protein | 30.18g |
| Vitamin A 0.00mcg | Vitamin C 0.00mg |
| Calcium 183.26mg | Iron 6.89mg |

Nutrition - Per 100g

No 100g Conversion Available