

# Refried Beans

NO IMAGE

<b>Servings:</b>	128.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23045

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Refried, Low sodium, canned	5 1/3 #10 CAN		100362
Cheese, Cheddar Reduced fat, Shredded	5 1/3 Cup		100012

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.500
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 128.000

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	127.15
<b>Fat</b>	1.00g
<b>Saturated Fat</b>	0.67g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.33mg
<b>Sodium</b>	178.19mg
<b>Carbohydrates</b>	20.86g
<b>Fiber</b>	5.17g
<b>Total Sugar</b>	1.03g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	8.41g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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