

Refried Beans

Servings:	150.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9741
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD	6 #10 CAN		293962
Cheese, Cheddar Reduced fat, Shredded	12 Cup	Use Brown Box Commodity first when available or Use GFS#150250	100012

Preparation Instructions

Wipe off and open cans of refried beans.

Spray 4" pans. Use 3 cans of refried beans per pan.

Cover pans and put into a preheated 350° oven for 45 minutes to 1 hour . Stir well and temp to at least 150°.

Stir in 6 cups of cheese per pan of beans and then temp again to make sure beans are 145° or higher, if not put back in the oven for a few minutes until they reach the proper temperature.

Store covered in warmer until served.

Updated 8.17.23

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.250
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.500
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	170.45
Fat	3.99g
Saturated Fat	1.80g
Trans Fat	0.00g
Cholesterol	6.40mg
Sodium	612.37mg
Carbohydrates	24.12g
Fiber	6.21g
Total Sugar	1.03g
Added Sugar	0.00g
Protein	10.52g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 46.56mg	Iron 2.07mg

Nutrition - Per 100g

No 100g Conversion Available