

Refried Beans



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44847
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD	1/2 Cup		293962

Preparation Instructions

Basic Preparation

STEP 1) PLACE BEANS IN A STEAM TABLE PAN. Steam 30 minutes till reach 165F

CCP Hot Hold 135 or below

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	140.00		
Fat	2.00g		
Saturated Fat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	530.00mg		
Carbohydrates	23.00g		
Fiber	6.00g		
Total Sugar	1.00g		
Added Sugar	0.00g		
Protein	8.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	45.00mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available