

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

Calories	17584.78
Fat	82.82g
Saturated Fat	12.34g
Trans Fat	0.00g
Cholesterol	52.87mg
Sodium	17901.98mg
Carbohydrates	2963.68g
Fiber	1110.06g
Total Sugar	3.52g
Added Sugar	0.00g
Protein	1134.73g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 6889.50mg	Iron 259.01mg