

# Refried Bean Dip



<b>Servings:</b>	40.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 #8 Disher	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9492

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY	52 Ounce	2 Packages	183910
Tap Water for Recipes	4 Quart	N/A	000001WTR
CHEESE AMER SHRD R/F	1 1/2 Cup	READY_TO_EAT Preshredded. Use cold or melted	861950

## Preparation Instructions

Prepare dried beans as stated on packaging.

Once prepared, top your pan of beans with 1 1/2 cups of shredded cheddar cheese.

Cover and place in warmer until ready to serve.

CCP: Hold hot for service at 135 degrees F for up to 2 hours

jsh 12.11.24

## 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: 40.00

Serving Size: 1.00 #8 Dish

Amount Per Serving	
<b>Calories</b>	150.62
<b>Fat</b>	1.84g
<b>Saturated Fat</b>	0.76g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.25mg
<b>Sodium</b>	576.49mg
<b>Carbohydrates</b>	24.43g
<b>Fiber</b>	7.78g
<b>Total Sugar</b>	0.15g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	8.83g
<b>Vitamin A</b> 0.54mcg RAE	<b>Vitamin C</b> 0.77mg
<b>Calcium</b> 72.65mg	<b>Iron</b> 1.88mg

## Nutrition - Per 100g

<b>Calories</b>	332.05
<b>Fat</b>	4.06g
<b>Saturated Fat</b>	1.68g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	4.96mg
<b>Sodium</b>	1270.92mg
<b>Carbohydrates</b>	53.86g
<b>Fiber</b>	17.16g
<b>Total Sugar</b>	0.33g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	19.48g
<b>Vitamin A</b> 1.20mcg RAE	<b>Vitamin C</b> 1.70mg
<b>Calcium</b> 160.17mg	<b>Iron</b> 4.14mg