

Refried Beans

Servings:	16.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38820
School:	Knox Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD VEGTAR	27 1/11 Ounce	1 Package	703753
Tap Water for Recipes	1/2 Gallon		000001WTR

Preparation Instructions

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.

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: 16.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	173.78
Fat	1.86g
Saturated Fat	0.62g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	682.71mg
Carbohydrates	28.55g
Fiber	11.17g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	11.17g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 62.06mg	Iron 2.61mg

Nutrition - Per 100g

Calories	362.04
Fat	3.88g
Saturated Fat	1.29g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1422.32mg
Carbohydrates	59.48g
Fiber	23.27g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	23.27g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 129.30mg	Iron 5.43mg