

Cheesy Refried Beans

| | | | |
|----------------------|---|-----------------------|------------------|
| Servings: | 24.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-31167 |
| School: | Union Township Middle School/Wheeler High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| Beans, Refried, Low sodium, canned | 1 #10 CAN | BAKE Open can and heat according to recipe or instructions on can | 100362 |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 10 Slice | | 100036 |

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.208 |
| Grain | 0.000 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.539 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

| Amount Per Serving | |
|------------------------------|-------------------------|
| Calories | 135.22 |
| Fat | 1.04g |
| Saturated Fat | 0.63g |
| Trans Fat | 0.00g |
| Cholesterol | 3.13mg |
| Sodium | 209.22mg |
| Carbohydrates | 21.97g |
| Fiber | 5.39g |
| Total Sugar | 1.29g |
| Added Sugar | 0.00g |
| Protein | 8.79g |
| Vitamin A 0.00mcg RAE | Vitamin C 0.00mg |
| Calcium 0.00mg | Iron 0.00mg |

Nutrition - Per 100g

No 100g Conversion Available
