

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
