

Refried Beans with Queso

| | | | |
|----------------------|---------------------|-----------------------|------------------|
| Servings: | 66.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-47892 |
| School: | Concord High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------|----------------|------------------------------------|------------|
| BEAN REFRD VEGTAR | 108 5/14 Ounce | 4 Bags | 703753 |
| Tap Water for Recipes | 2 Gallon | | 000001WTR |
| SAUCE CHS QUESO BLANCO FZ | 10 Pound | 2 Bags or 1/2 bag per bag of beans | 722110 |

Preparation Instructions

Beans

- 1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan for each bag of beans.
- 2: Quickly pour 1 full pouch of beans into water and cover.
- 3: Allow beans to sit for 25 minutes on steamtable.

Queso: Place sealed bags in a steamer or boiling water. Heat approximately 30 minutes or until product reaches serving temperature.

Before service add queso to top of bean 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: 66.00

Serving Size: 0.50 Cup

| Amount Per Serving | |
|------------------------------|-------------------------|
| Calories | 325.05 |
| Fat | 13.54g |
| Saturated Fat | 7.42g |
| Trans Fat | 0.01g |
| Cholesterol | 35.15mg |
| Sodium | 1227.01mg |
| Carbohydrates | 30.40g |
| Fiber | 11.54g |
| Total Sugar | 0.00g |
| Added Sugar | 0.00g |
| Protein | 19.54g |
| Vitamin A 0.00mcg RAE | Vitamin C 0.00mg |
| Calcium 317.99mg | Iron 2.66mg |

Nutrition - Per 100g

| | |
|------------------------------|-------------------------|
| Calories | 281.99 |
| Fat | 11.75g |
| Saturated Fat | 6.44g |
| Trans Fat | 0.01g |
| Cholesterol | 30.49mg |
| Sodium | 1064.46mg |
| Carbohydrates | 26.37g |
| Fiber | 10.01g |
| Total Sugar | 0.00g |
| Added Sugar | 0.00g |
| Protein | 16.95g |
| Vitamin A 0.00mcg RAE | Vitamin C 0.00mg |
| Calcium 275.87mg | Iron 2.31mg |