

# Refried Beans with Queso

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

|                                 |       |
|---------------------------------|-------|
| <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: 66.00

Serving Size: 0.50 Cup

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

## Nutrition - Per 100g

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