

Refried Beans

| | | | |
|----------------------|-----------------------------------|-----------------------|------------------|
| Servings: | 17.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-43592 |
| School: | Beiriger and Wadsworth Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------|--------------|-------------------|------------|
| BEAN REFRIED VEGTAR LO SOD | 26 1/4 Ounce | | 668341 |
| Tap Water for Recipes | 1/2 Gallon | UNPREPARED | 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: 17.00

Serving Size: 0.50 Cup

| Amount Per Serving | |
|------------------------------|-------------------------|
| Calories | 161.32 |
| Fat | 0.58g |
| Saturated Fat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 161.32mg |
| Carbohydrates | 27.65g |
| Fiber | 10.37g |
| Total Sugar | 0.00g |
| Added Sugar | 0.00g |
| Protein | 10.37g |
| Vitamin A 0.00mcg RAE | Vitamin C 0.00mg |
| Calcium 57.61mg | Iron 2.42mg |

Nutrition - Per 100g

| | |
|------------------------------|-------------------------|
| Calories | 368.48 |
| Fat | 1.32g |
| Saturated Fat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 368.48mg |
| Carbohydrates | 63.17g |
| Fiber | 23.69g |
| Total Sugar | 0.00g |
| Added Sugar | 0.00g |
| Protein | 23.69g |
| Vitamin A 0.00mcg RAE | Vitamin C 0.00mg |
| Calcium 131.60mg | Iron 5.53mg |