

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