

Refried Beans

| | | | |
|----------------------|---|---------------------------|------------------|
| Servings: | 20.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-32945 |
| School: | ROLLING PRAIRIE ELEMENTARY SCHOOL | Grams Per Serving: | 39.69 |

Ingredients

| Description | Measurement | DistPart # |
|------------------------|-------------|------------|
| BEAN REFRIED SEAS DEHY | 1 3/4 Pound | 183910 |
| Tap Water for Recipes | 1/2 Gallon | 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.

Updated 7.30.2025

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: 20.00

Serving Size: 0.50 Cup

| Amount Per Serving | |
|------------------------------|-------------------------|
| Calories | 150.90 |
| Fat | 1.26g |
| Saturated Fat | 0.42g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 544.91mg |
| Carbohydrates | 25.99g |
| Fiber | 8.38g |
| Total Sugar | 0.00g |
| Added Sugar | 0.00g |
| Protein | 8.38g |
| Vitamin A 0.59mcg RAE | Vitamin C 0.83mg |
| Calcium 46.90mg | Iron 2.02mg |

Nutrition - Per 100g

| | |
|------------------------------|-------------------------|
| Calories | 380.19 |
| Fat | 3.17g |
| Saturated Fat | 1.06g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 1372.92mg |
| Carbohydrates | 65.48g |
| Fiber | 21.12g |
| Total Sugar | 0.00g |
| Added Sugar | 0.00g |
| Protein | 21.12g |
| Vitamin A 1.48mcg RAE | Vitamin C 2.09mg |
| Calcium 118.18mg | Iron 5.09mg |