

# USDA Foods Product Information Sheet

For Child Nutrition Programs



## 100362—Beans, Refried, Low-sodium, Canned

Category: **Legume Vegetable/Meat Alternate**



### PRODUCT DESCRIPTION

This item is canned refried beans made from a mixture of pinto beans and pink beans. This product is low-sodium, or 36-140 mg sodium per 1/2 cup serving, and is prepared without oil(s)/lard. This product is available in cases with six #10 cans.

### CREDITING/YIELD

- One case of refried beans provides about 149 1/2-cup servings of heated beans.
- CN Crediting: 1/2 cup beans credits as 1/2 cup legume vegetable OR 2 oz equivalent meat/meat alternate.

### CULINARY TIPS AND RECIPES

- Refried beans can be cooked and used as a meat alternate in dishes such as burritos, tacos, or quesadillas.
- Refried beans can also be heated and topped with chopped peppers, onions, or cheese and served as a side dish.
- For more culinary techniques and recipe ideas visit [NFSMI](#) or [Team Nutrition](#).

### FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

### NUTRITION FACTS

Serving size: 1/2 cup (130 g) refried beans, canned, low-sodium

#### Amount Per Serving

**Calories** 110

**Total Fat** 0g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 140mg

**Total Carbohydrate** 20g

Dietary Fiber 5g

Sugars 1g

**Protein** 7g

Source: USDA Foods Vendor Labels

**Allergen Information:** Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.