



USDA Foods in Schools

100362 - Beans, Refried, Low-sodium, Canned
Category: **Legume Vegetable/Meat Alternate**



Product Description

- This item is canned refried beans made from pinto beans and pink beans. This product is low-sodium and is prepared with vegetable oil, onion and garlic flavoring, jalapeno, and tomato paste to provide a mild spice profile. It 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 credit 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 culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's 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](#).

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

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

Amount Per Serving

Calories 150

Total Fat 2g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 140mg

Total Carbohydrate 25g

Dietary Fiber 4g

Sugars 1g

Protein 6g

Source: USDA Foods Vendor Labels

Allergen Information: Product is not permitted to contain any of the 8 major allergens designated by the FDA. Please refer to the allergen statement on the outside of the product package to verify that no allergens are listed.

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