



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 06-30-13)

Visit us at www.fns.usda.gov/fdd

100362 – BEANS, CANNED, REFRIED, DRY, LOW-SODIUM, #10

PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. • Use a clean and sanitized can opener. • Heat slowly at a low to medium temperature in a steam-jacketed kettle or a steamer to an internal temperature of 135 °F. Stir occasionally to distribute heated beans. Do not overheat because beans can burn and dry out quickly.
USES AND TIPS	<ul style="list-style-type: none"> • Serve refried beans hot. Serve as an accompaniment to a main dish, and may be topped with grated cheese or picante sauce. As part of the main dish, refried beans may be featured in various Mexican entrees, such as bean burrito, bean tostadas, chiles rellenos, or nachos frijoles.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened. • Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf.

Nutrient values in this nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates or Vegetables
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade 2 canned dry pinto beans, no added fat, with salt content not to exceed 0.5%.
PACK/YIELD	<ul style="list-style-type: none"> 6/#10 cans per case. Each can contains about 115 oz refried beans. One #10 can AP yields about 12 ¼ cups heated refried beans and provides about 49.6 ¼-cup servings heated refried beans OR about 24.8 ½-cup servings heated refried beans. CN Crediting: ¼ cup heated refried beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup refried beans provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	<ul style="list-style-type: none"> Store unopened canned refried beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. Store opened canned refried beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Beans, refried, canned

	¼ cup (63 g)	½ cup (126 g)
Calories	57	114
Protein	3.41 g	6.82 g
Carbohydrate	9.61 g	19.22 g
Dietary Fiber	3.2 g	6.4 g
Sugars	0.29 g	0.58 g
Total Fat	0.74 g	1.48 g
Saturated Fat	0.246 g	0.492 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.05 mg	2.10 mg
Calcium	21 mg	42 mg
Sodium	70 mg	140 mg
Magnesium	24 mg	48 mg
Potassium	212 mg	424 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	3.8 mg	7.6 mg
Vitamin E	.03 mg	.06 mg