

Quest Food Management

Recipe Sizing Report

001167 - bean-vegetarian refried : nsfp	Components	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1/2 cup	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:	

Ingredients	Measures	Instructions
903334 bean refried can lower sod A100362....	50 (0.5c = 0.5c veg)	

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	114 kcal	Cholesterol	0 mg	Protein	6.82 g	Calcium	42.00 mg	11.69%	Calories from Total Fat
Total Fat	1.48 g	Sodium	140 mg	Vitamin A	0.0 RE	Iron	2.10 mg	3.88%	Calories from Saturated Fat
Saturated Fat	0.49 g	Carbohydrates	19.22 g	Vitamin A	0.0 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ¹	0.00 g	Dietary Fiber	6.40 g	Vitamin C	7.6 mg	Ash ¹	*N/A* g	67.44%	Calories from Carbohydrates
								23.93%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values