



BEANS, REFRIED, LOW-SODIUM, CANNED

Date: March 2014

Code: 100361

PRODUCT DESCRIPTION

- Canned refried beans are Grade U.S. No. 2, smooth pinto beans with no added fat.
- Canned refried beans are a low-sodium food.

PACK/YIELD

- Canned refried beans are packed in 15.5 ounce cans, which is about 3.5 servings ($\frac{1}{2}$ cup each).

STORAGE

- Store unopened canned beans in a cool, clean, dry place.
- Store remaining opened refried beans in a tightly covered container that is not made of metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container that is not made of metal.

USES AND TIPS

- Serve refried beans as a side dish or as part of a main dish in bean burritos, bean tostadas, or nachos frijoles.
- Refried beans can be served as a dip for corn tortilla chips.

NUTRITION INFORMATION

- $\frac{1}{4}$ cup of canned refried beans counts as 1 ounce in the MyPlate.gov Protein and Vegetable groups. For a 2,000-calorie diet, the daily recommendation is about 5 $\frac{1}{2}$ ounces.
- Canned refried beans are not fried. They are low in fat, cholesterol-free, and are a healthy vegetarian choice, providing 20% of daily fiber needs.

FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor or liquid spurts out when the can is opened, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: $\frac{1}{2}$ cup (115g) refried beans, no added fat, low-sodium, canned

Amount Per Serving

Calories 90 **Calories from Fat** 5

% Daily Value*

Total Fat 0.5g	1%
Saturated Fat 0.5g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 16g	5%
Dietary Fiber 5g	20%
Sugars 1g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

TERRIFIC BEAN TACOS

MAKES ABOUT 8 SERVINGS

Ingredients

- 1 small onion, chopped
- 2 teaspoons vegetable oil
- 1 can (about 16 ounces) low-sodium refried beans
- 8 taco shells or flour tortillas, wheat or white
- 1 cup low-fat cheese like cheddar, shredded
- ¼ head lettuce, chopped
- 2 medium tomatoes, chopped, or 1 cup canned low-sodium diced tomatoes, drained
- Taco sauce or salsa (if you like)

Directions

1. Cook chopped onion in vegetable oil in skillet.
2. Stir in refried beans. Heat thoroughly.
3. Spread refried bean mixture in taco shell or on tortilla.
4. Sprinkle with shredded cheese, chopped lettuce, and tomatoes. If using taco sauce or salsa, add that too.

Calories	207	Cholesterol	15 mg	Sugar	3 g	Vitamin C	5 mg
Calories from Fat	81	Sodium	295 mg	Protein	12 g	Calcium	297 mg
Total Fat	9 g	Total Carbohydrate	19 g	Vitamin A	58 RAE	Iron	1 mg
Saturated Fat	3 g	Dietary Fiber	4 g				

Recipe adapted from SNAP-ED Connection Recipe Finder

EASY BEAN DIP & CHIPS

MAKES 8 SERVINGS

Ingredients

- 1 can (about 16 ounces) low-sodium refried beans
- ½ cup fat-free sour cream
- 8 ounces baked tortilla chips

Directions

1. Place refried beans in microwave-safe container and cover with a lid.
2. Heat in microwave on high for 45 seconds; stir and heat again until beans are warmed through.
3. Spread the sour cream on top.
4. Serve with tortilla chips.

Tips

Add canned, drained diced tomatoes, garlic, or onion powder to spice up the dip. Try serving with celery sticks and other vegetables.

Calories	170	Cholesterol	0 mg	Sugar	2 g	Vitamin C	0 mg
Calories from Fat	20	Sodium	200 mg	Protein	7 g	Calcium	85 mg
Total Fat	2 g	Total Carbohydrate	33 g	Vitamin A	1 RAE	Iron	3 mg
Saturated Fat	0.5 g	Dietary Fiber	4 g				

Recipe provided by USDA FNS, Food Distribution Division, 2009.