

USDA Foods Product Information Sheet

For Child Nutrition Programs



100364—Beans, Vegetarian, Low-sodium, Canned

Category: **Legume Vegetable/Meat Alternate**



PRODUCT DESCRIPTION

This item is U.S. Grade A vegetarian beans which consists of small white beans or navy beans in a tomato sauce. This product is low-sodium, or 36-140 mg sodium per 1/2 cup serving. This item is available in cases with six #10 cans.

CREDITING/YIELD

- One case of vegetarian beans provides about 141 1/2-cup servings of heated beans with sauce.
- CN Crediting: 1/2 cup beans credits as 1/2 cup legume vegetable OR 2 oz equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Vegetarian beans can be heated and served as a side dish or used as a base for other dishes such as casseroles or chili.
- 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) vegetarian beans, canned, low-sodium

Amount Per Serving

Calories 110

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 140mg

Total Carbohydrate 20g

Dietary Fiber 5g

Sugars 5g

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.