

# USDA Foods Product Information Sheet

For Child Nutrition Programs



## 100365—Beans, Pinto, Low-sodium, Canned

Category: Legume Vegetable/Meat Alternate



### PRODUCT DESCRIPTION

This item is Grade A canned, dried pinto beans. They are packed in low-sodium brine which contains 36-140 mg sodium per 1/2 cup serving. This product is available in cases with six #10 cans.

### CREDITING/YIELD

- One case of pinto beans provides about 112 1/2-cup servings of heated, drained beans or 121 1/2-cup servings of unheated, drained beans.
- CN Crediting: 1/2 cup beans credits as 1/2 cup legume vegetable OR 2 oz equivalent meat/meat alternate.

### CULINARY TIPS AND RECIPES

- Pinto beans are a versatile bean that can be used in a variety of recipes such as chili, burritos, or refried beans.
- Drain and rinse canned beans before adding to recipes to reduce the sodium.
- For more 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](#).

### NUTRITION FACTS

Serving size: 1/2 cup (85 g) pinto beans, canned, low-sodium

#### Amount Per Serving

**Calories** 98

**Total Fat** 1g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 140mg

**Total Carbohydrate** 18g

Dietary Fiber 6g

Sugars 1g

**Protein** 6g

Source: [USDA National Nutrient Database](#)

**Allergen Information:** Specification requires no allergens or allergen advisory labels. Please refer to allergen statement on the outside of the product package to confirm. For more information, please contact the product manufacturer directly.

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.