



USDA Foods in Schools

100364 - Beans, Vegetarian, Low-sodium, Canned
Category: **Legume Vegetable/Meat Alternate**



Product Description

- This item is U.S. Grade A vegetarian beans made from small white beans or navy beans in tomato sauce. The formulation includes, at a minimum, tomato paste, onion powder, garlic powder, salt, and sugar. High fructose corn syrup is not permitted in the formulation. This product is low-sodium and contains 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 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](#).

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Nutrition Facts

Serving size: 1/2 cup (130 g) vegetarian beans, canned, low sodium

Amount Per Serving

Calories 160

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 140mg

Total Carbohydrate 29g

Dietary Fiber 5g

Sugars 7g

Protein 5g

Source: USDA Foods Vendor Information

Allergen Information: This product does not contain any of the 8 major allergens designated by the FDA. For more information about ingredients, please use the information provided on the product packaging.

Nutrient values in this section are from the USDA Food Composition Database 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.