



USDA Foods in Schools

100359 - Beans, Black, Low-sodium, Canned
Category: **Legume Vegetable/Meat Alternate**



Product Description

- This item is Grade A canned, dried black turtle beans that are low-sodium. This product is available in cases with six #10 cans.

Crediting/Yield

- One case of black beans provides about 83 1/2-cup servings of heated, drained beans or 135 1/2-cup servings of unheated, drained beans.
- CN Crediting: 1/2 cup beans credit as 1/2 cup legume vegetable OR 2 oz equivalents meat/meat alternate.

Culinary Tips and Recipes

- Black beans can be cooked and used as a meat alternate in dishes such as burritos, tacos, or quesadillas.
- Black beans can also be seasoned and served as a side dish or used in cold salads with other vegetables such as corn and diced peppers.
- Drain and rinse canned beans before adding to recipes to reduce the sodium.
- 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 Process Approach to HACCP principles](#).

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

Serving size: 1/2 cup (125g) black beans, canned, low sodium

Amount Per Serving

Calories 100

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 140mg

Total Carbohydrate 18g

Dietary Fiber 6g

Sugars 2g

Protein 7g

Source: USDA Foods Vendor Labels

Allergen Information: Product is not permitted to contain any of the 8 major allergens designated by the FDA. Please refer to the allergen statement on the outside of the product package to verify that no allergens are listed.

Nutrient values in this section are from the USDA FoodData Central 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.