

A091 – BEANS, CANNED, VEGETARIAN, DRY, BAKED IN SAUCE, #10



CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade A canned dry pea beans (navy) or small white beans in a meatless tomato sauce that is mildly seasoned.
PACK/YIELD	<ul style="list-style-type: none"> 6/#10 cans per case. Each can contains about 106 oz beans and sauce. One #10 can AP yields about 11½ cups heated vegetarian beans with sauce and provides about 46.2 ¼-cup servings heated vegetarian beans with sauce OR about 23.1 ½-cup servings heated vegetarian beans with sauce. CN Crediting: ¼ cup heated, drained vegetarian beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup heated vegetarian beans with sauce provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	<ul style="list-style-type: none"> Store unopened canned vegetarian beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. Store opened canned vegetarian beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Beans, baked, vegetarian with sauce, canned

	¼ cup (64 g)	½ cup (127 g)
Calories	60	119
Protein	3.02 g	6.03 g
Carbohydrate	13.42 g	26.85 g
Dietary Fiber	2.6 g	5.2 g
Sugars	5.05 g	10.11 g
Total Fat	0.23 g	0.47 g
Saturated Fat	0.05 g	0.09 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.76 mg	1.51 mg
Calcium	22 mg	43 mg
Sodium	218 mg	436 mg
Magnesium	17 mg	34 mg
Potassium	138 mg	284 mg
Vitamin A	69 IU	137 IU
Vitamin A	3 RAE	6 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.10mg	0.19 mg



USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-14-07)

Visit us at www.fns.usda.gov/fdd

A091 – BEANS, CANNED, VEGETARIAN, DRY, BAKED IN SAUCE, #10

<p>PREPARATION/ COOKING INSTRUCTIONS</p>	<ul style="list-style-type: none"> • Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. • Use a clean and sanitized can opener. • Heat slowly at a low to medium temperature in a steam-jacketed kettle or a steamer to an internal temperature of 135 °F. Stir occasionally to distribute heated beans. Do not overheat because beans can burn and dry out quickly. • Heat without added salt and serve alone or use as directed in recipes.
<p>USES AND TIPS</p>	<ul style="list-style-type: none"> • Serve vegetarian beans heated or use in casseroles or in baked beans. • Serve vegetarian beans with pork and chicken.
<p>FOOD SAFETY INFORMATION</p>	<ul style="list-style-type: none"> • As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time. • Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds. • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
<p>BEST IF USED BY GUIDANCE</p>	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

USDA Nondiscrimination Statement: "The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer."