

USDA Foods Product Information Sheet

For Child Nutrition Programs



100373—Beans, Great Northern, Canned, Low-sodium

Category: Legume Vegetable/Meat Alternate



PRODUCT DESCRIPTION

This item is Grade A canned, dried great northern beans. They are packed in a low-sodium brine which contains 36-140 mg sodium per ½-cup serving. This product is available in cases with six #10 cans.

CREDITING/YIELD

- One case of great northern beans provides about 97 ½ -cup servings of heated, drained beans.
- CN Crediting: ½ cup beans credits as ½ cup legume vegetable OR 2 oz equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Great northern beans are a versatile white bean that can be used in a variety of hot or cold dishes.
- Use great northern beans in protein-rich dishes such as white chili, barbeque baked beans, or ham and beans.
- Drain and rinse canned beans before adding to recipes to reduce the sodium.
- 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 (131 g) great northern beans, canned, low-sodium

Amount Per Serving

Calories 149

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 140mg

Total Carbohydrate 28g

Dietary Fiber 6g

Sugars 2g

Protein 10g

Source: [USDA National Nutrient Database](#)

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.