



Product Name: Canned Black Bean, Seasoned
Serving Size: 130g (with liquid)

Product Code: HBT7
Date: 7.23.21

Meat Alternate

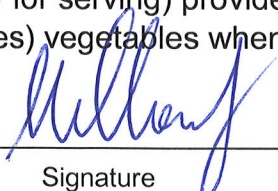
Description of Creditable Ingredients per FBG	Ounce per Raw Portion of Creditable Ingredient (A)	FBG Yield (B)	Purchase Unit (C)	Creditable Amount (A x B / C)
Beans, Black, (Turtle), dry, canned, Whole, Includes USDA Foods, heated, drained beans	3.20 oz.	27.80	111.00 oz	0.8014 oz
Total Meat Alternate Creditable Amount:				0.8014 oz

Vegetables

Description of Creditable Ingredients per FBG	Vegetable Subgroup	Ounce per Raw Portion of Creditable Ingredient (A)	FBG Yield (B)	Purchase Unit (C)	Creditable Amount (A x B / C)
Beans, Black, (Turtle beans), dry, canned, Whole, Includes USDA Foods, heated, drained vegetable	Beans and Peas (Legumes)	3.20 oz.	27.80	111.00 oz	0.8014 1/4 cups
Total Cups Beans and Peas (Legumes):	0.2004 cups				

Meal Pattern Contribution Statement

I certify that the above information is true and correct and that a **130g (with liquid)** ounce serving of the above product (ready for serving) provides **0.75** ounces of equivalent meat/meat alternate, **1/8** cup(s) of Beans/Peas (Legumes) vegetables when prepared according to directions.



Signature

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