

# White Beans



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17648
School:	Central Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN NAVY LO SOD	1/2 Cup	OPEN CAN, HEAT AND SERVE OR MIX WITH RECIPE.	555473

## Preparation Instructions

OPEN CAN, HEAT AND SERVE OR MIX WITH RECIPE.

CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		130.00	
<b>Fat</b>		0.50g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		140.00mg	
<b>Carbohydrates</b>		23.00g	
<b>Fiber</b>		6.00g	
<b>Sugar</b>		1.00g	
<b>Protein</b>		8.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	58.00mg	<b>Iron</b>	2.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available