

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

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.500
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	130.00
Fat	0.50g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	140.00mg
Carbohydrates	23.00g
Fiber	6.00g
Total Sugar	1.00g
Added Sugar	0.00g
Protein	8.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 58.00mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available