

Vegetables: Beans/Peas

| RECIPE NAME | MRS # | CALORIES | SAT. FAT | SODIUM | CREDIT | MENU CONTRIBUTION |
|-------------------------------------|--------|----------|----------|--------|------------|---|
| BAKED BEANS (CANNED) | 1000 | 163 | 0.13 | 186.00 | V:B/P | 1/2 CUP OF BEANS/PEAS VEGETABLE |
| BAKED BEANS (CANNED) - USDA FOODS | 1000.1 | 199 | 1.15 | 414.00 | V:B/P | 1/2 CUP OF BEANS/PEAS VEGETABLE |
| BAKED BEANS W/SPICE BLEND (CANNED) | 1002 | 132 | 0.10 | 194.00 | V:B/P | 1/2 CUP BEANS/PEAS VEGETABLE |
| BLACK BEAN SALAD(CANNED)-USDA FOODS | 1104.1 | 163 | 1.05 | 233.00 | V:B/P, V:O | ¼ CUP BEANS/PEAS VEGETABLE, ¼ CUP OTHER VEGETABLE |
| BLACK-EYED PEAS (CANNED) | 1006 | 135 | 0.01 | 160.56 | V:B/P | ½ CUP BEANS/PEAS VEGETABLE |
| RANCH-STYLE BLACK BEANS (CANNED) | 1008 | 158 | 0.16 | 252.63 | V:B/P | ½ CUP BEANS/PEAS VEGETABLE |
| REFRIED BEANS (CANNED) | 1138 | 142 | 1.47 | 304.90 | V:B/P | ½ CUP BEANS/PEAS VEGETABLE |
| SEASONED LIMA BEANS (CANNED) | 1005 | 145 | 0.61 | 184.50 | V:B/P | ½ CUP SERVING BEANS/PEAS VEGETABLE |
| TEX-MEX BEANS (CANNED) | 1010 | 126 | 0.15 | 343.35 | V:B/P | ½ CUP BEAN/PEAS VEGETABLE |
| TEX-MEX BEANS (CANNED) USDA FOODS | 1010.1 | 124 | 0.15 | 299.00 | V:B/P | ½ CUP BEAN/PEAS VEGETABLE |