

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