

Child Nutrition Meal Pattern Contribution Basic American Foods SKU 60045 Santiago® Seasoned Vegetarian Black Beans 6/26.9 oz pch

Product Formulation Sheet: Meat/Meat Alternate

Description of Credible Ingredient per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield/Purchase Unit	Creditable Amount
Beans, Black (Turtle beans), dry Whole	0.87432	X	1.1438	1.00
Beans, Black (Turtle beans), dry Whole	1.74863	X	1.1438	2.00
Total Creditable M/MA Amount:				1.00 / 2.00



USDA Meat/Meat Alternate	Nutrition Information	
	1/4 cup (1 Meat/Meat Alternate)	1/2 cup (2 Meat/Meat Alternate)
Contribution Equivalent	27.67 g	55.34 g
Calories*	100	210
Protein*	6 g	12 g
Carbohydrate*	18 g	37 g
Dietary Fiber*	6 g	12 g
Sugars*	1 g	3 g
Total Fat*	1 g	1.5 g
Trans Fat*	0 g	0 g
Saturated Fat*	0 g	0.5 g
Cholesterol*	0 mg	0 mg
Iron	1.46 mg	2.91 mg
Calcium	25.21 mg	50.42 mg
Sodium*	240 mg	490 mg
Potassium*	250 mg	500 mg
Vitamin A	4.31 IU	8.63 IU
Vitamin C	0.06 mg	0.12 mg

* calculated using FDA Nutrition Facts rounding rules

SERVING SIZE MEASURE/WEIGHT	MEAL PATTERN CONTRIBUTION EQUIVALENT	EQUIVALENT SERVINGS PER BAG	EQUIVALENT SERVINGS PER CASE
3.30 oz.	1 Meat/Meat Alternate	27.56	165.36
6.59 oz.	2 Meat/Meat Alternate	13.78	82.68

Ingredients: Black Beans, Sugar, Salt, Contains 2% or Less Of: Palm Oil, Onion, Calcium Chloride, Spice, Dextrose, Garlic, Oregano Extract.

Packaging and Storage Information: Store cool dry (less than 80 degree F); 270 Days.

Preparation and Cooking Instructions

1: Pour 1/2 gallon boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and b cover. 3: Allow beans to sit for 40 minutes on steamtable. 4: Season if desired, stir, serve.

Nutrition Claims: Gluten Free, Vegetarian, Kosher Pareve, No Artificial Colors or Flavors, No Preservatives.

I certify that the above information is true and correct when prepared according to directions.

Joe E Bailey, Senior Technical Services Manager

11/8/2019
206670/01

Child Nutrition Meal Pattern Contribution Basic American Foods SKU 60045 Santiago® Seasoned Vegetarian Black Beans 6/26.9 oz pch

Product Formulation Sheet: Vegetable

Description of Credible Ingredient per Food Buying Guide (FBG)	Vegetable Subgroup	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield/Purchase Unit	Creditable Amount (Quarter Cups)
Beans, Black (Turtle beans), dry Whole	Bean/Pea	0.87432	X	1.1438	1.00
Beans, Black (Turtle beans), dry Whole	Bean/Pea	1.74863	X	1.1438	2.00
Total Creditable Vegetable Amount:		1.00 / 2.00		Total Cups Bean/Pea:	0.25 / 0.50



Nutrition Information			
USDA Vegetable	1/4 cup	1/2 cup	
Contribution Equivalent	27.67 g	55.34 g	
Calories*	100	210	
Protein*	6 g	12 g	
Carbohydrate*	18 g	37 g	
Dietary Fiber*	6 g	12 g	
Sugars*	1 g	3 g	
Total Fat*	1 g	1.5 g	
Trans Fat*	0 g	0 g	
Saturated Fat*	0 g	0.5 g	
Cholesterol*	0 mg	0 mg	
Iron	1.46 mg	2.91 mg	
Calcium	25.21 mg	50.42 mg	
Sodium*	240 mg	490 mg	
Potassium*	250 mg	500 mg	
Vitamin A	4.31 IU	8.63 IU	
Vitamin C	0.06 mg	0.12 mg	

* calculated using FDA Nutrition Facts rounding rules

SERVING SIZE MEASURE/WEIGHT	MEAL PATTERN CONTRIBUTION EQUIVALENT	EQUIVALENT SERVINGS PER BAG	EQUIVALENT SERVINGS PER CASE
3.30 oz.	1/4C Vegetable/Bean/Pea	27.56	165.36
6.59 oz.	1/2C Vegetable/Bean/Pea	13.78	82.68

Ingredients: Black Beans, Sugar, Salt, Contains 2% or Less Of: Palm Oil, Onion, Calcium Chloride, Spice Dextrose, Garlic, Oregano Extract.

Packaging and Storage Information: Store cool dry (less than 80 degree F); 270 Days.

Preparation and Cooking Instructions

1: Pour 1/2 gallon boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 40 minutes on steamtable. 4: Season if desired, stir, serve

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