

# USDA Foods Product Information Sheet

For Child Nutrition Programs



## 100380—Beans, Great Northern, Dry

**Category: Legume Vegetable/Meat Alternate**



### PRODUCT DESCRIPTION

This item is grade U.S. No. 1 dry great northern beans with twelve 2-pound packages per case.

### CREDITING/YIELD

- One case of dry beans provides about 306 ½-cup servings of cooked great northern beans.
- CN Crediting: ½ cup cooked great northern beans credits as ½ cup legume vegetable OR 2 oz equivalent meat/meat alternate.

### CULINARY TIPS AND RECIPES

- Great northern beans are a versatile white bean that can be used in a variety of hot or cold dishes.
- Use great northern beans in protein-rich dishes such as white chili, barbeque baked beans, or ham and beans.
- Soak dry beans overnight for best cooking results.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or USDA's [Team Nutrition](#).

### FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

### NUTRITION FACTS

Serving size: 1/2 cup (89 g) great northern beans, cooked, boiled, without salt

#### Amount Per Serving

**Calories** 104

**Total Fat** 0g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 2mg

**Total Carbohydrate** 19g

Dietary Fiber 6g

Sugars —

**Protein** 7g

Source: [USDA National Nutrient Database](#)

**Allergen Information:** Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.