

# USDA Foods Product Information Sheet

For Child Nutrition Programs



## 100383—Beans, Pinto, Dry

**Category: Legume Vegetable/Meat Alternate**



### PRODUCT DESCRIPTION

This item is grade U.S. No. 1 dry pinto beans in 25 pound bulk bags.

### CREDITING/YIELD

- One 25 pound bag of dry beans provides about 263 ½-cup servings of cooked pinto beans.
- CN Crediting: ½ cup cooked pinto beans credits as ½ cup legume vegetable OR 2 oz equivalent meat/meat alternate.

### CULINARY TIPS AND RECIPES

- Pinto beans are a versatile bean that can be used in a variety of recipes such as chili, burritos or refried 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 (86 g) pinto beans, cooked, boiled, without salt

#### Amount Per Serving

**Calories** 122

**Total Fat** 1g

Saturated Fat 0g

*Trans* Fat 0g

**Cholesterol** 0mg

**Sodium** 1mg

**Total Carbohydrate** 22g

Dietary Fiber 8g

Sugars 0g

**Protein** 8g

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.