



100382 - Beans, Pinto, Dry

Category: Legume Vegetable/Meat Alternate



Product Description

- This item is grade U.S. No. 1 dry pinto beans in cases with twelve 2-pound bags.

Crediting/Yield

- One case of dry beans provides about 252 ½-cup servings of cooked pinto beans.
- CN Crediting: ½ cup cooked pinto beans credit as ½ cup legume vegetable OR 2 oz equivalents 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](#).

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Nutrition Facts

Serving size: 1/2 cup (86 g) pinto beans, cooked, boiled, without salt

Amount Per Serving

Calories 123

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 140mg

Total Carbohydrate 22g

Dietary Fiber 8g

Sugars 0g

Protein 8g

Source: [USDA FoodData Central](#)

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 directly.

Nutrient values in this section are from the USDA FoodData Central 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.