

## 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                          | 0.8743  | X        | 1.1438                  | 1.00               |
| Beans, Black (Turtle beans),dry Whole                          | 1.7486  | X        | 1.1438                  | 2.00               |
| <b>Total Creditable M/MA Amount:</b>                           |   |          |                         | <b>1.00 / 2.00</b> |



| 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, Onion Powder, Palm, Oil, Garlic Powder, Calcium Chloride, Natural Flavor, Spice.

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

#### 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, Regulatory Operations Manager

10/12/2017  
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## 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           | 0.8743  | X        | 1.1438                      | 1.00                             |
| Beans, Black (Turtle beans),dry Whole                          | Bean/Pea           | 1.7486  | X        | 1.1438                      | 2.00                             |
| <b>Total Creditable Vegetable Amount:</b>                      |                    | <b>1.00 / 2.00</b>                              |          | <b>Total Cups Bean/Pea:</b> | <b>0.25 / 0.50</b>               |



| 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, Onion Powder, Palm, Oil, Garlic Powder, Calcium Chloride, Natural Flavor, Spice.

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

### 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

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

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