

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

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
Total Creditable M/MA Amount:				1.00 / 2.00



	Nutrition Information	
	1/4 cup (1 Meat/Meat Alternate Contribution Equivalent)	1/2 cup (2 Meat/Meat Alternate Contribution Equivalents)
USDA 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	25.18 mg	50.36 mg
Sodium*	240 mg	480 mg
Potassium*	240 mg	480 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 (Dry), 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

Step 1: Pour 1/2 gallon boiling water into 4 inch deep half steamtable pan. Step 2: Quickly pour 1 pouch of Santiago® Beans into pan and cover. Step 3: Allow beans to sit on steamtable for 25 minutes. Step 4: Season if desired, stir, serve.

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

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

Joe E Bailey, Regulatory Operations Manager

**11/15/2016
206670/01**

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

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
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	25.18 mg	50.36 mg	
Sodium*	240 mg	480 mg	
Potassium*	240 mg	480 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 (Dry), 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

Step 1: Pour 1/2 gallon boiling water into 4 inch deep half steamtable pan. Step 2: Quickly pour 1 pouch of Santiago® Beans into pan and cover. Step 3: Allow beans to sit on steamtable for 25 minutes. Step 4: Season if desired, stir, serve.

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