



USDA Foods in Schools

100368 - Beans, Black-eyed, Low-sodium, Canned
 Category: **Legume Vegetable/Meat Alternate**



Product Description

- This item is Grade A canned, dried black-eyed peas that are low-sodium. This product is available in cases with six #10 cans.

Crediting/Yield

- One case of black-eyed peas provides about 113 1/2-cup servings of heated, drained beans or 138 1/2-cup servings of unheated, drained beans.
- CN Crediting: 1/2 cup black-eyed peas credit as 1/2 cup legume vegetable OR 2 oz equivalents meat/meat alternate.

Culinary Tips and Recipes

- Black-eyed peas can be cooked with greens for a tasty vegetable dish or included as an ingredient in soups.
- Black-eyed beans can also be used in pasta salads, cold vegetable salads, or made into a dip for vegetables.
- Drain and rinse canned beans and peas before adding to recipes to reduce the sodium.
- 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](#).

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

Serving size: 1/2 cup (130 g) black eyed peas, canned, low sodium

Amount Per Serving

Calories 120

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 140mg

Total Carbohydrate 21g

Dietary Fiber 3g

Sugars 2g

Protein 6g

Source: USDA Foods Vendor Labels

Allergen Information: Product is not permitted to contain any of the 8 major allergens designated by the FDA. Please refer to the allergen statement on the outside of the product package to verify that no allergens are listed.

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.