



BEANS, PINTO, LOW-SODIUM, CANNED

Date: March 2014

Code: 110021

PRODUCT DESCRIPTION

- Canned pinto beans are pea beans (navy) are cooked and packed in salt water. Canned pinto beans are a low-sodium food.

PACK/YIELD

- Pinto beans are packed in 15 ½ ounce cans, which is about 1 ½ cups or 3 ½ servings (½ cup each).

STORAGE

- Store unopened canned beans in a cool, clean, dry place.
- Store remaining opened beans in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

USES AND TIPS

- Serve pinto beans heated, without adding salt, or use in casseroles, in soups or baked bean dishes.
- Serve pinto beans with rice, or vegetables.

NUTRITION INFORMATION

- ¼ cup of pinto beans counts as 1 ounce in the MyPlate.gov Protein group or 1 ounce in the Vegetable group .
- Pinto beans are low in fat, cholesterol-free, and provide 20% of the daily recommended amount of fiber.

FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor or liquid spurts out when the can is opened, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: ½ cup (127g) Pinto beans, low-sodium, canned

Amount Per Serving

Calories	137	Calories from Fat	5
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% Daily Value*

Total Fat 1 g			0%
Saturated Fat 0 g			0%
<i>Trans</i> Fat 0 g			
Cholesterol 0 mg			0%
Sodium 140 mg			6%
Total Carbohydrate 24 g			8%
Dietary Fiber 5 g			20%
Sugars 10 g			
Protein 8 g			
Vitamin A	0%	Vitamin C	0%
Calcium	8%	Iron	9%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrient Values in the Nutrition Facts Label above are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

GARLIC PINTO BEANS

MAKES 4 SERVINGS

Ingredients

- 2 tablespoons vegetable oil
- 6 garlic cloves, sliced
- 1 cup onion, thinly sliced
- 2 cans (about 30 ounces) low-sodium pinto beans, rinsed
- ½ teaspoon dried oregano
- ¾ cup of water
- ¾ teaspoon salt
- ½ teaspoon black pepper

Directions

1. In skillet, heat oil and cook garlic and onions, stirring occasionally, until tender (about 2 minutes)
2. Add pinto beans, oregano, water, salt and pepper.
3. Simmer, stirring occasionally, until the beans are heated through (about 4 minutes)
4. Heat for 2 to 3 minutes on medium heat.

Nutrition Information for 1 serving (about 1 cup) Garlic Pinto Beans							
Calories	180	Cholesterol	0 mg	Sugar	23 g	Vitamin C	1 mg
Calories from Fat	20	Sodium	180 mg	Protein	5 g	Calcium	51 mg
Total Fat	3 g	Total Carbohydrate	38 g	Vitamin A	6 RAE	Iron	2 mg
Saturated Fat	0 g	Dietary Fiber	5 g				

Recipe adapted from Realsimple.com.

LUNCH WRAPS

MAKES ABOUT 8 SERVINGS

Ingredients

- 1 cup uncooked brown rice
- 2 cups water
- 1 can (about 15.5 ounces) low-sodium pinto beans, rinsed
- 2 cans (about 30 ounces) low-sodium black beans, rinsed
- 2/3 cup low-sodium corn, drained
- 2/3 cup low sodium diced tomatoes, drained
- 8 (10 inch) flour tortillas
- 1 cup shredded pepper jack cheese cheddar cheese

Directions

1. Combine rice and water in a saucepan, and boil. Reduce heat to low, cover and cook for 35 - 40 minutes. Remove from heat and cool.
2. Preheat oven to 350 degrees F. Place beans, corn, and tomatoes in a large bowl and toss to mix. Add in the rice and cheese, mix well.
3. Spoon the mixture evenly between tortillas and roll up.
4. Bake for 10 minutes or until cheese is melted.

Tip

Make these wraps ahead of time and freeze until ready to use. These wraps are great to take for lunch and can be reheated in the microwave.

Nutrition Information for 1 serving (1 wrap) Lunch Wraps							
Calories	100	Cholesterol	15 mg	Sugar	2 g	Vitamin C	1 mg
Calories from Fat	50	Sodium	190 mg	Protein	7 g	Calcium	192 mg
Total Fat	5 g	Total Carbohydrate	6 g	Vitamin A	47 RAE	Iron	1 mg
Saturated Fat	3 g	Dietary Fiber	1 g				

Recipe adapted from Allrecipes.com.