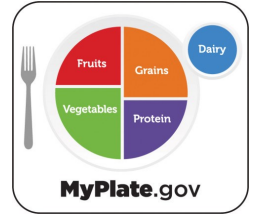




USDA Foods in Schools

111860 - Black Bean Burger, Patties, Cooked, 2.0 MMA, Frozen
Category: **Meat/Meat Alternate**



Product Description

- This item is a fully cooked black bean burger patty with a mild southwest flavor. This product is individually quick frozen and delivered in a 30-pound case.

Crediting/Yield

- One case of black bean burger patties provides approximately 137 3.5-ounce portions.
- CN Crediting: One 3.5-ounce fully cooked black bean burger patty credits as 2 ounce equivalents meat/meat alternate.

Culinary Tips and Recipes

- Fully cooked black bean burgers can be heated and served on a bun with a variety of toppings such as lettuce, tomato, avocado, onions, or mushrooms.
- 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 patty (99 g)

Amount Per Serving

Calories 190

Total Fat 7g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 0mg

Sodium 450mg

Total Carbohydrate 25g

Dietary Fiber 6g

Sugars 3g

Includes 1g Added Sugars

Protein 10g

Source: USDA Foods Vendor Labels

Allergen Information: Contains soy. No egg or dairy ingredients permitted. 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 Food Composition Database 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.