

A084 – BEANS, CANNED, BLACK-EYED PEA, DRY, LOW-SODIUM, #10



CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade A canned dry black-eyed peas, cooked and packed in salt water.
PACK/YIELD	<ul style="list-style-type: none"> 6/#10 cans per case. Each can contains not less than 106 oz black-eyed peas and liquid. One #10 can AP yields about 63.7 oz (9¼ cups) heated, drained black-eyed peas and provides about 37.0 ¼-cup servings heated, drained black-eyed peas OR about 18.8 ½-cup servings heated, drained peas. CN Crediting: ¼ cup heated, drained black eyed-peas provides 1 oz-equivalent meat/meat alternate OR ¼ cup heated, drained black-eyed peas provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	<ul style="list-style-type: none"> Store unopened canned black-eyed peas in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. Store opened canned black-eyed peas covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Cowpeas, common (blackeyes, crowder, southern), canned, mature seeds, plain, solids and liquids

	¼ cup (60 g)	½ cup (120 g)
Calories	46	92
Protein	2.84 g	5.69 g
Carbohydrate	8.18 g	16.36 g
Dietary Fiber	2.0 g	4.0 g
Sugars	N/A	N/A
Total Fat	0.33 g	0.66 g
Saturated Fat	0.09 g	0.17 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.58 mg	1.16 mg
Calcium	12 mg	24 mg
Sodium	70 mg	140 mg
Magnesium	17 mg	34 mg
Potassium	103 mg	206 mg
Vitamin A	8 IU	16 IU
Vitamin A	1 RAE	1 RAE
Vitamin C	1.6 mg	3.2 mg
Vitamin E	N/A	N/A



USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. • Use a clean and sanitized can opener. • Heat without added salt and serve alone or use as directed in recipes.
USES AND TIPS	<ul style="list-style-type: none"> • Black-eyed peas may be used in bean salads, soups, chili, and entrees, or as a vegetable. Serve black-eyed peas with pork or chicken. Canned black-eyed peas may be substituted for cooked dry black-eyed peas in any recipe. Some or all of the salt in the recipe should be omitted when canned peas are used in place of cooked dry peas.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time. • Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds. • NEVER USE foods from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

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