



USDA Foods in Schools

100371 - Beans, Baby Lima, Low-sodium, Canned
Category: **Legume Vegetable/Meat Alternate**



Product Description

- This item is Grade A canned, dried baby lima beans that are low-sodium. This product is available in cases with six #10 cans.

Crediting/Yield

- One case of lima beans provides about 127 1/2-cup servings of heated, drained beans.
- CN Crediting: 1/2 cup beans credits as 1/2 cup legume vegetable OR 2 oz equivalent meat/meat alternate.

Culinary Tips and Recipes

- Lima beans can be added to soups, mixed bean dishes, or cold mixed bean salads.
- Lima beans can also be paired with corn to make a colorful succotash.
- Drain and rinse canned beans 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](#).

Storage Guidelines

- Product should be stored in a cool, dry place. Recommend storing in a refrigerator or freezer when possible to maximize the shelf life of the product.

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](#).

Nutrition Facts

Serving size: 1/2 cup (130g) baby lima beans, canned, low sodium

Amount Per Serving

Calories 120

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 140mg

Total Carbohydrate 24g

Dietary Fiber 4g

Sugars 3g

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.

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