FURMANO FOODS INC.

1067888667 - 6/10 Chk Peas X Fcy (Garb)

Extra Fancy Garbanzo Beans (Chickpeas) are high in fiber and rich in protein. Garbanzo Beans deliver a bold, nutty flavor and buttery texture to any meal, any time of the day. U.S. Grade A (USDA Standards for Canned Dried Beans, effective September 1, 1976).



Nutrition Facts

Servings per Container	**144**
Serving size	**1/2cup (130g)**
Amount per serving	
Calories	**63.75**
	% Daily Value*
Total Fat 1.01g	**0%**
Saturated Fat 0.1g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 240mg	**10%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 2.95g	**10%**
Total Sugars 2g	
Includes Added Sugars	**%**
Protein 3.44g	
Vitamin D 0µg	**0%**
Calcium 27mg	**2%**
Iron 1.12mg	**6%**
Potassium 113.76µg	**2%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Benefits

Ingredients

Cooked Dried Chick Peas, Water, Salt, Disodium EDTA (To Preserve Color)

Allergens

Free From:

crustaceans, shellfish, mollusks, eggs, fish, milk, peanuts, sesame, soy, tree nuts, wheat

Handling Suggestions

Cool, dry storage at 65ºF - Shelf Life 42 Months at 40º - 85º F

Serving Suggestions

Serve as a side dish; Use as an ingredient on a salad bar; Use for soups, stews, casseroles, or salsas

Prep & Cooking Suggestions

Ingredient

Product Specifications

Brand	Manufacturer	Product Category
Furmano	Furmanos	Beans, Canned, Ref, Frozen

MFG #	SPC #	GTIN	Pack	Pack Desc.
F10250	1067888667	00041188102506	6	6/#10 cans

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
47lb	41.25lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
18.81in	12.63in	7.25in	1ft3	8x7	1260DAYS	40°F / 85°F

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Furmanos; 6/#10 Chick Peas - Extra-Fancy (Garbanzo)

Nutrition Analysis - By Serving

Calories	63.75kcal	Total Fat	1.01g	Sodium	240mg
Protein	3.44g	Trans Fats	0g	Calcium	27mg
Total Carbohydrates•••	14g	Saturated Fat	0.1g	Iron	1.12mg
Sugars	2g	Added Sugars		Potassium	113.76µg
Dietary Fiber	2.95g	Polyunsaturated Fat	0.45g	Zinc	0.6mg
Lactose		Monounsaturated Fat	0.23g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	10.5NIU	Vitamin D	0µg	Thiamin	0.05mg
Vitamin A(RE)		Vitamin E	0.2NIU	Niacin	0.2mg
Vitamin C	0.51mg	Folate	66.86µg	Riboflavin	0.02mg
Magnesium	19.27mg	Vitamin B-6		Vitamin B-12•	0µg
Monosodium		Sulphites		Nitrates	

Additional Images







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