

163325 - Garbanzo Beans Unpeeled 9-10 mm



INTERNATIONAL FOODSOURCE, LLC.GARBANZO BEANS. INGREDIENTS: GARBANZO BEANS. THESE GARBANZO BEANS ARE GREAT IN SALADS, TACOS OR BURRITOS. THEY CAN BE USED TO MAKE HUMMUS FOR DIFFERENT RECIPES. YOU CAN ROAST THEM WITH SOME SALT AND PEPPER FOR A HEALTHY SNACK. THEY ARE VEGAN; VEGETARIAN; KOSHER; NON-GMO. THE COLOR, FLAVOR, AND TEXTURE OF THESE ARE TYPICAL OF GARBANZO BEANS.



MARKETING

THESE GARBANZO BEANS ARE GREAT IN SALADS, TACOS OR BURRITOS. THEY CAN BE USED TO MAKE HUMMUS FOR DIFFERENT RECIPES. YOU CAN ROAST THEM WITH SOME SALT AND PEPPER FOR A HEALTHY SNACK.

PRODUCT SPECIFICATIONS

Code	GTIN	Pack Description				
80008	00790429800683	1/10 LB				
Brand	Brand Owner	GPC Description				
Packer	International Foodsource	Vegetables - Prepared/Processed (Perishable)				
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
12.1 LBR	10 LBR	No	Canada	Undeclared	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.3 INH	7 INH	6.6 INH	0.33 FTQ	21x10	435 Days	60 FAH / 77 FAH
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
N/A	N/A	N/A	N/A			

HANDLING SUGGESTIONS

COOL, DRY PLACE ---UNIT UPC: 688032030235--

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; INII = 'Intentionally nor Inherently Included'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - MC
- Eggs - MC
- Soybean - MC
- Wheat - MC
- Sesame - N
- Molluscs - N
- Peanuts - MC
- Tree - MC
- Fish - MC
- Shellfish - N
- Crustaceans - N

Nutrition Facts

128 Servings per container	
Serving Size	35.0 GR
Amount Per Serving	120
% Daily Value*	
Total Fat 2 g	10%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrates 21 g	7%
Dietary Fiber 7 g	28%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
Protein 6 g	
Vitamin D 0 mcg	0%
Calcium 30 mg	2%
Iron 1.7 mg	8%
Potassium 300 mg	8%

* The % Daily Values (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.

INGREDIENTS

GARBANZO BEANS

Packer

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PREPARATION & COOKING SUGGESTIONS

UNPACK AND BOIL

SERVING SUGGESTIONS

1/8 CUPS. BOIL

MORE INFORMATION