



MARKETING

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

24 Servings per container

Serving Size1/2 cup

Amount Per Serving

Calories80

% Daily Value*

Total Fat 1.5 g2%

Saturated Fat 0 g0%

Trans Fat 0 g

Cholesterol 0 mg0%

Sodium 240 mg10%

Total Carbohydrates 14 g5%

Dietary Fiber 4 g14%

Total Sugars 2 g

Includes 0 g Added Sugars0%

Protein 4 g

Vitamin D 0 mcg0%

Calcium 27 mg2%

Iron 1 mg6%

Potassium 148 mcg4%

* 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.

PRODUCT SPECIFICATIONS

Code		GTIN		Pack Description		
F10250		00041188102506				
Brand	Brand Owner		GPC Description			
Furmanos	Furmano Foods		Vegetables - Prepared/Processed (Shelf Stable)			
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
47.0000 LBR	41.25 LBR	No	United States	Yes	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
18.814 INH	12.626 INH	7.25 INH	0.997 FTQ	8x7	1260 Days	40 FAH / 85 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 storage at 65°F - Shelf Life 42 Months at 40° - 85° F

- 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 - N

Eggs - N

Soybean - N

Wheat - N

Sesame - N

Crustaceans - N

AH - N

AL - N

Cereals - N

BB - N

BE - N

BI - N

BN - N

BP - N

BR - N

CA - N

Peanuts - N

Tree - N

Fish - N

Shellfish - N

AA - N

AD - N

AI - N

AU - N

BA - N

Celery - N

Beef - N

Mustard - N

BO - N

BQ - N

BS - N

CL - N

INGREDIENTS

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

ⓘ Chicken - N	ⓘ CN - N
ⓘ CO - N	ⓘ CT - N
ⓘ DA - N	ⓘ DP - N
ⓘ EG - N	ⓘ Oak Moss - N
ⓘ Treemoss - N	ⓘ FA - N
ⓘ FH - N	ⓘ FT - N
ⓘ Barley - N	ⓘ GE - N
ⓘ Kamut - N	ⓘ Glutamate - N
ⓘ Oats - N	ⓘ Spelt - N
ⓘ HB - N	ⓘ HC - N
ⓘ HD - N	ⓘ HE - N
ⓘ HH - N	ⓘ HN - N
ⓘ HP - N	ⓘ HX - N
ⓘ HY - N	ⓘ MH - N
ⓘ Lactose - N	ⓘ Cocoa - N
ⓘ Peas - N	ⓘ Coriander - N
ⓘ Lupine - N	ⓘ Corn - N
ⓘ Pod Fruits - N	ⓘ Rye - N
ⓘ Carrots - N	ⓘ ON - N
ⓘ PM - N	ⓘ Pine Nuts - N
ⓘ Pork - N	ⓘ PP - N
ⓘ Poppy Seeds - N	ⓘ Almonds - N
ⓘ Seed Products - N	ⓘ Cashews - N
ⓘ Hazelnuts - N	ⓘ Macadamia Nuts - N
ⓘ Coconuts - N	ⓘ Pecan Nuts - N
ⓘ Brazil Nuts - N	ⓘ Sunflower Seeds - N
ⓘ Pistachios - N	ⓘ Walnuts - N
ⓘ Pulses - N	ⓘ TA - N
ⓘ TD - N	ⓘ Triticale - N
ⓘ Molluscs - N	

PREPARATION & COOKING SUGGESTIONS



Ingredient

SERVING SUGGESTIONS



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

MORE INFORMATION

