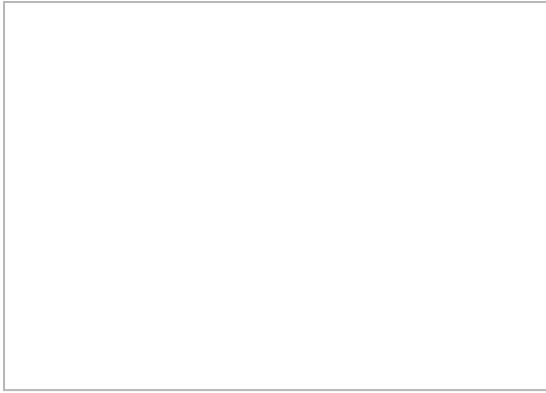


163311 - Beans Black Turtle

INTERNATIONAL FOODSOURCE, LLC. Black BEANS; INGREDIENTS: BLACK BEAN THESE TINY JET-BLACK BEANS HOLD THEIR SHAPE WHEN COOKED AND TURN AN EYE-CATCHING BLACKISH GREEN COLOR, SIMILAR TO THAT OF CAVIAR. BLACK BEANS ARE GREAT IN SOUPS AND SALADS. THEY ADD DEPTH WHEN MIXED WITH PASTA OR RICE DISHES. GREAT IN CHILI OR TACOS. VEGAN; VEGETARIAN; NON-GMO; KOSHER; FLAVOR TYPICAL OF BLACK BE...



MARKETING

BLACK BEANS ARE GREAT IN SOUPS AND SALADS. THEY ADD DEPTH WHEN MIXED WITH PASTA OR RICE DISHES. GREAT IN CHILI OR TACOS. VEGAN. VEGETARIAN. NON-GMO. KOSHER. FLAVOR TYPICAL OF BLACK BEANS. BOIL BEFORE EATING. HIGH IN PROTEIN. LOW IN SUGARS. 125 CALORIES IN 1/8 CUP.

Nutrition Facts

100 Servings per container

Serving Size **35.0 GR**

Amount Per Serving

Calories **125**

% Daily Value*

Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrates 23 g	8%
Dietary Fiber 6 g	24%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
Protein 8 g	

Vitamin D 0 mcg	0%
Calcium 60 mg	6%
Iron 3.1 mg	15%
Potassium 530 mg	15%

* 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				
80005	00790429800052	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	
10.35 LBR	10 LBR	No	Canada	Undeclared	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.4 INH	10.4 INH	5.6 INH	0.42 FTQ	21x10	540 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: 790429800052---

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
- Molluscs - N
- Peanuts - N
- Tree - N
- Fish - N
- Shellfish - N
- Crustaceans - N

INGREDIENTS

BLACK BEANS

Packer

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PREPARATION & COOKING SUGGESTIONS

WASH, BOIL

SERVING SUGGESTIONS

1/8 CUP

MORE INFORMATION