



MARKETING

Fat Free, High in Fiber, Good Source of Protein, Cholesterol Free, Low Sodium, Good Source of Iron

PRODUCT SPECIFICATIONS

Code		GTIN		Pack Description		
189365135		00071187453392				
Brand	Brand Owner		GPC Description			
JACK RABBIT	TRINIDAD BENHAM CORP		Vegetables - Unprepared/Unprocessed (Shelf Stable)			
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
25.3 LBR	25 LBR	No	United States	Yes	No	
Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
24 INH	11.5 INH	4 INH	1104 INQ	10x10	365 Days	40 FAH / 90 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

Store in a dry place.

- 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

Lactose - N

X99 - N

Peanuts - N

Tree - N

Fish - N

Shellfish - N

Crustaceans - N

Molluscs - N
- Nutrition Facts

325 Servings per container

Serving Size

1/4 cup

Amount Per Serving

Calories

80

% Daily Value*

Total Fat 1 g

1%

Saturated Fat 0 g

0%

Trans Fat 0 g

Cholesterol 0 mg

0%

Sodium 5 mg

0%

Total Carbohydrates 21 g

8%

Dietary Fiber 12 g

42%

Total Sugars 1 g

Includes 0 g Added Sugars

0%

Protein 8 g

Vitamin D 0 mcg

0%

Calcium 9 mg

0%

Iron 2 mg

10%

Potassium 210 mg

4%

* 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

Black Beans
- Last Saved: 07 May 2026 | Printed: 22 August 2026

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00071187453392 - Jack Rabbit 25# Prewashed Black Beans

PREPARATION & COOKING SUGGESTIONS

Quick Soak: Rinse and sort beans in a large pot. To 1 lb. of beans (2 cups) add 8 cups hot water. Bring to rapid boil, boil for 2 minutes. Remove from heat. Cover and let stand 1 hour. Drain soak water and rinse beans. Overnight Soak: Rinse and sort beans in a large pot. To 1 lb. of beans (2 cups) add 8 cups cold water. Let stand overnight or at least 6 to 8 hours. Drain soak water and rinse beans. Cooking Directions: Add 6-8 cups of hot water to drained and rinsed beans. Simmer gently with lid tilted until desired tenderness is reached, about 1-1/2 to 2 hours.

SERVING SUGGESTIONS

Great as a side dish

MORE INFORMATION