

Commodity

487003 - Garbanzo Beans



10 Can - 6 per Case BEANS FANCY GARBANZO CHICKPEAS 6-110 OUNCE Made in the USA Place in a strainer, drain, and rinse well. This will remove about 40% of the sodium, or you can purchase low sodium or no-salt-added canned versions. These do not need additional cooking but hold up well when added to cooked or baked dishes.. COMMODITY CANNED FRUIT & VEGETABLES Fancy Garbanzo Beans Ch...



MARKETING

COMMODITY CANNED FRUIT & VEGETABLES CANNED FRUITS AND VEGETABLES Commodity Fancy Garbanzo Beans Chickpeas, #10 Can - 6 per Case BEANS FANCY GARBANZO CHICKPEAS 6-110 OUNCE

Nutrition Facts

29 Servings per container

**Serving Size** 100.0 GR

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**Amount Per Serving**

**Calories** 146

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% Daily Value\*

**Total Fat** 3.2 g 4%

Saturated Fat 0.3 g 2%

Trans Fat 0 g

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**Cholesterol** 0 mg 0%

**Sodium** 327 mg 14%

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**Total Carbohydrates** 22 g 8%

Dietary Fiber 7.3 g 26%

Total Sugars 4.3 g

Includes 0 g Added Sugars 0%

**Protein** 8.2 g

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Vitamin D 16 mcg 0%

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Calcium 58 mg 4%

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Iron 2.05 mg 11%

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Potassium 240 mg 5%

\* 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		
487003		00041188102520		6/105 OZ		
Brand		Brand Owner		GPC Description		
Commodity		Dot Foods		Chickpeas		
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
46.6 LBR	39.375 LBR	No	United States	Undeclared	No	
Shipping						
Length	Width	Height	Volume	Tlx/Hi	Shelf Life	Storage Temp From/To
18.44 INH	12.44 INH	7.13 INH	0.95 FTQ	08x07	45 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

Dry-----

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

Chickpeas

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### PREPARATION & COOKING SUGGESTIONS

Ready to eat

### SERVING SUGGESTIONS

Heat and Serve

### MORE INFORMATION