



Camellia  
160112 - Black Beans

Camellia Brand Black Beans are small, oval-shaped beans with a big, meaty flavor. A staple in virtually all Latin cuisines, Black Beans are delicious in salads, soups, purees, and stews, whether vegetarian or seasoned with meat.



\* Benefits

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Ingredients

Black Beans

⚠ Allergens

Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

Nutrition Facts

Servings per Container 9  
Serving size 1/4cup (51g)

Amount per serving  
Calories 170

	% Daily Value*
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 5 mg	0%
Total Carbohydrate 32 g	12%
Dietary Fiber 8 g	29%
Total Sugars 1 g	
Includes 0 g Added Sugar	0%
Protein 11 g	
Vitamin D 0 mcg	0%
Calcium 65 mg	5%
Iron 2.52 mg	14%
Potassium 544 mg	16%

\* The % Daily Value (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.

Handling Suggestions

Store in dry place---  
UNIT UPC: 071054000131  
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Serving Suggestions

Serve over rice or as a side dish

Prep & Cooking Suggestions

Boil for 1.5 hours

✎ Product Specifications

Brand			Manufacturer			
Camellia			L.H. Hayward and Co. LLC			
UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.	
071054000131	1601-12	160112	00071054120136		12/1 LB	
Gross Weight	Net Weight	Country of Origin		Kosher	Child Nutrition	
12.2 lb	12 lb	United States of America		No		
Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
8.5 in	9 in	6 in	0.27 ft3	20x7	475 days	60 °F / 77 °F





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Nutrition Analysis - By Measure

Calories	170	Total Fat	0.5 g	Sodium	5 mg
Protein	11	Trans Fats	0 g	Calcium	65 mg
Total Carbohydrates...	32 g	Saturated Fat	0 g	Iron	2.52 mg
Sugars	1 g	Added Sugars	0 g	Potassium	544 mg
Dietary Fiber	8 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A(IU)•		Vitamin D	0 mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

