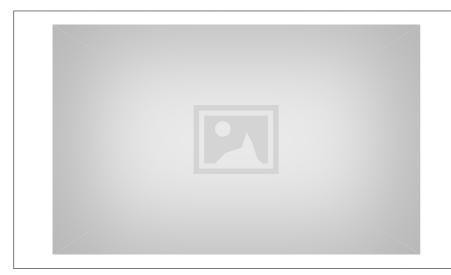


#### Camellia

### 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

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. Just add lashings of garlic! They look nice, too, especially when their rich, dark color is paired with yellow rice.

Ingredients	▲ Allergens
Black Beans	Free From:    Crustaceans   Oeggs   Fish   Omilk     Opeanuts   Sesame   Soy   Fish   Omilk     Opeanuts   Sesame   Soy   Omily     Opeanuts   Sesame   Sesame   Sesame   Sesame   Omily     Opeanuts   Opeanuts   Opeanuts     Opeanuts   Opeanuts   Opeanuts   Opeanuts     Opeanuts   Opeanuts   Opeanuts     Opeanuts   Opeanuts   Opeanuts     Opeanuts   Opeanuts   Opeanuts     Opeanuts   Opeanuts   Opeanuts     Opeanuts   Opeanuts   Opeanuts     Opeanuts   Opeanuts   Opeanuts     Opeanuts   Opeanuts   Opeanuts     Opeanuts   Opeanuts   Opeanuts     Opeanuts   Opeanuts   Opeanuts     Opeanuts   Opeanuts   Opeanuts     Opeanuts   Opeanuts   Opeanuts     Opeanuts   Opeanuts   Opeanuts     Opeanuts   Opeanuts   Opeanuts     Opeanuts   Opeanuts   Opeanuts     Opeanuts

# **Nutrition Facts**

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

Amount per serving

Calories	170
% Da	ily 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%

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

### 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	TIxHI	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-1 2•	
Monosodium		Sulphites		Nitrates	

0	Additional Images		

