



Packer

163311 - Beans Black Turtle

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 BEANS42. BOIL BEFORE EATING. HIGH IN PROTEIN. LOW IN SUGARS. 125 CALORIES IN 1/8 CUP.



Nutrition Facts

Servings per Container 100
Serving size 35.0g (35g)

Amount per serving
Calories 125

% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat		
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	23g	8%
Dietary Fiber	6g	21%
Total Sugars	1g	
Includes Added Sugar	0g	0%
Protein	8g	
Vitamin D	0mcg	0%
Calcium	60mg	5%
Iron	3.1mg	17%
Potassium	530mg	11%

* 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.

* Benefits

INTERNATIONAL FOODSOURCE, LLC.
Black BEANS; INGREDIENTS: BLACK BEANS
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 BEANS42. BOIL BEFORE EATING. HIGH IN PROTEIN. LOW IN SUGARS. 125 CALORIES IN 1/8 CUP.

Ingredients

BLACK BEANS

⚠ Allergens

Free From:

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

Handling Suggestions

COOL, DRY PLACE

Serving Suggestions

1/8 CUP

Prep & Cooking Suggestions

WASH, BOIL

📄 Product Specifications

Brand	Manufacturer	Product Category
Packer	International Foodsource	Beans, Canned, Ref, Frozen

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
790429800052	80005	163311	00790429800052		1/10 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10.35lb	10lb	Argentina	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
12.4in	10.4in	5.6in	0.42ft3	21x10	540days	60°F / 77°F



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Nutrition Analysis - By Measure

Calories	125	Total Fat	0g	Sodium	0mg
Protein	8	Trans Fats		Calcium	60mg
Total Carbohydrates...	23g	Saturated Fat	0g	Iron	3.1mg
Sugars	1g	Added Sugars	0g	Potassium	530mg
Dietary Fiber	6g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

