



Culinary Master  
163316 - Cannellini Bean

Cannellini beans are similar to great Northern beans, another popular white bean, but cannellinis have creamier flesh than Northern beans and slightly thicker skins, which helps them keep their shape.



\* Benefits

Cannellini beans are similar to great Northern beans, another popular white bean, but cannellinis have creamier flesh than Northern beans and slightly thicker skins, which helps them keep their shape. Cannellini beans are wonderfully nutritious. They're fat free and an excellent source of fiber, folate, iron and magnesium. One 1/4 cup serving contains 11 grams of protein! Adding nutritious foods like dried cannellini beans to your diet may help control blood sugar levels; talk with your doctor. You can use the dry beans in countless recipes; cook them and toss with tomatoes, extra-virgin olive oil and garlic cloves for an incredible cannellini bean salad, or heat them in a pressure cooker with water, garlic and kale to enjoy a hearty soup sprinkled with parmesan cheese and olive oil and served with crusty bread.

Ingredients

CANNELLINI BEANS

⚠ Allergens

Free From:

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

Nutrition Facts

Servings per Container 129  
Serving size 35.0g (35g)

Amount per serving  
**Calories 50**

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 40mg	3%
Iron 0.6mg	3%
Potassium 650mg	14%

\* 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

COOL, DRY PLACE

Serving Suggestions

1/8 CUPS. REHYDRATE THEM AND USE THEM IN SALADS OR OTHER RECIPES.

Prep & Cooking Suggestions

UNPACK AND USE.

✎ Product Specifications

Brand		Manufacturer		Product Category		
Culinary Master		Culinary Master		Beans, Canned, Ref, Frozen		
UPC	MFG #	SPC #	GTIN		Pack	Pack Desc.
	80007	163316	00790429800076			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	10.3in	5.5in	0.41ft3	21x10	240days	60°F / 77°F



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Nutrition Analysis - By Measure

Calories	50	Total Fat	0g	Sodium	20mg
Protein	3	Trans Fats		Calcium	40mg
Total Carbohydrates...	8g	Saturated Fat	0g	Iron	0.6mg
Sugars	0g	Added Sugars	0g	Potassium	650mg
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		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

