



## 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.



## Nutrition Facts

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

Amount per serving  
**Calories 50**

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

\* 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

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:



### 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(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

