



Packer

163325 - Garbanzo Beans Unpeeled 9 10 Mm

THESE GARBANZO BEANS ARE GREAT IN SALADS, TACOS OR BURRITOS. THEY CAN BE USED TO MAKE HUMMUS FOR DIFFERENT RECIPES. YOU CAN ROAST THEM WITH SOME SALT AND PEPPER FOR A HEALTHY SNACK.



Nutrition Facts

Servings per Container 128
Serving size 35.0g (35g)

Amount per serving
Calories 120

| % Daily Value* | |
|-------------------------|-----|
| Total Fat 2g | 10% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 21g | 7% |
| Dietary Fiber 7g | 28% |
| Total Sugars 1g | |
| Includes 0g Added Sugar | 0% |
| Protein 6g | |
| Vitamin D 0mcg | 0% |
| Calcium 30mg | 2% |
| Iron 1.7mg | 8% |
| Potassium 300mg | 8% |

* 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.
GARBANZO BEANS. INGREDIENTS: GARBANZO BEANS. THESE GARBANZO BEANS ARE GREAT IN SALADS, TACOS OR BURRITOS. THEY CAN BE USED TO MAKE HUMMUS FOR DIFFERENT RECIPES. YOU CAN ROAST THEM WITH SOME SALT AND PEPPER FOR A HEALTHY SNACK. THEY ARE VEGAN; VEGETARIAN; KOSHER; NON-GMO. THE COLOR, FLAVOR, AND TEXTURE OF THESE ARE TYPICAL OF GARBANZO BEANS.

Ingredients

GARBANZO BEANS

⚠ Allergens

Free From:

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

Handling Suggestions

COOL, DRY PLACE UNIT UPC:
688032030235

Serving Suggestions

1/8 CUPS. BOIL

Prep & Cooking Suggestions

UNPACK AND BOIL

📄 Product Specifications

| Brand | Manufacturer |
|--------|--------------------------|
| Packer | International Foodsource |

| UPC | MFG # | SPC # | GTIN | Pack | Pack Desc. |
|--------------|-------|--------|----------------|------|------------|
| 688032030235 | 80008 | 163325 | 00790429800683 | | 1/10 LB |

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|--------|-----------------|
| 12.1lb | 10lb | Canada | No | |

| Shipping Information | | | | | | |
|----------------------|-------|--------|---------|-------|------------|----------------------|
| Length | Width | Height | Volume | TlxHl | Shelf Life | Storage Temp From/To |
| 12.3in | 7in | 6.6in | 0.33ft3 | 21x10 | 240days | 60°F / 77°F |



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Nutrition Analysis - By Measure

| | | | | | |
|------------------------|-----|---------------------|------|----------------|-------|
| Calories | 120 | Total Fat | 2g | Sodium | 0mg |
| Protein | 6 | Trans Fats | 0g | Calcium | 30mg |
| Total Carbohydrates... | 21g | Saturated Fat | 0g | Iron | 1.7mg |
| Sugars | 1g | Added Sugars | 0g | Potassium | 300mg |
| Dietary Fiber | 7g | 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-1 2• | |
| Monosodium | | Sulphites | | Nitrates | |

Additional Images

