Commodity

487003 - **Garbanzo Beans**

COMMODITY CANNED FRUIT & VEGETABLES
CANNED FRUITS AND VEGETABLES
Commodity Fancy Garbanzo Beans Chickpeas, #10 Can - 6 per Case
BEANS FANCY GARBANZO CHICKPEAS 6-110 OUNCE

Nutrition Facts

Servings per Container 29
Serving size 100.0g (100g)

Amount per serving
Calories 146

	% Daily Value*
Total Fat 3.2g	**4%**
Saturated Fat 0.3g	**2%**
Trans Fat	
Cholesterol 0mg	**0%**
Sodium 327mg	**14%**
Total Carbohydrate 22g	**8%**
Dietary Fiber 7.3g	**26%**
Total Sugars 4.3g	
Includes 0g Added Sugar	**0%**
Protein 8.2g	
Vitamin D 16mcg	**80%**
Calcium 58mg	**4%**
Iron 2.05mg	**11%**
Potassium 240mg	**5%**

* 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

COMMODITY CANNED FRUIT & VEGETABLES Fancy Garbanzo Beans Chickpeas
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Made in the USA Place in a strainer, drain, and rinse well. This will remove about 40% of the sodium, or you can purchase low sodium or no-salt-added canned versions. These do not need additional cooking but hold up well when added to cooked or baked dishes.

Ingredients

Chickpeas

Allergens

Free From:

soy, tree nuts, wheat

Handling Suggestions

Dry

Serving Suggestions

Heat and Serve

Prep & Cooking Suggestions

Ready to eat

Product Specifications

Brand	Manufacturer
Commodity	Dot Foods

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	487003	487003	00041188102520		6/105 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
46.6lb	39.38lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
18.44in	12.44in	7.13in	0.95ft3	8x7	45days	60°F / 77°F

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Nutrition Analysis - By Measure

Calories	146	Total Fat	3.2g	Sodium	327mg
Protein	8.2	Trans Fats		Calcium	58mg
Total Carbohydrates•••	22g	Saturated Fat	0.3g	Iron	2.05mg
Sugars	4.3g	Added Sugars	0g	Potassium	240mg
Dietary Fiber	7.3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	16mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

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