



**PROGRESSO**  
**360032 - Bean Black Canned S/O**

Progresso(TM) canned black beans are tender, delicious, and a good source of fiber. Our black beans are a versatile and filling staple to keep on your pantry shelf. Made with quality ingredients with no artificial flavors. Bulk packaged in 24 - 15 oz cans for retail operations.



**Nutrition Facts**

Servings per Container **84**  
Serving size **1/2cup(130g)**

Amount per serving  
**Calories 110**

% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 0g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	<b>0%</b>
Calcium 80mg	<b>6%</b>
Iron 2mg	<b>11%</b>
Potassium 380mg	<b>8%</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**

**Ingredients**

SOAKED BLACK BEANS, WATER, SALT, CALCIUM CHLORIDE.

**Allergens**

**Handling Suggestions**

Keep in a dry cool place.

**Serving Suggestions**

Serve as is

**Prep & Cooking Suggestions**

Follow instructions on the package

**Product Specifications**

Brand		Manufacturer		Product Category		
PROGRESSO		GENERAL MILLS, INC.		Beans, Canned, Ref, Frozen		
MFG #		SPC #	GTIN		Pack	Pack Desc.
102122000		360032	10041196021223		24	24/15 OZ
Gross Weight		Net Weight	Country of Origin		Kosher	Child Nutrition
26.7lb		22.5lb	USA			No
Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.25in	9.25in	9.13in	0.6ft3	17x5	999DAYS	40°F / 111°F



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Nutrition Analysis - By Serving

Calories	110	Total Fat	0.5g	Sodium	240mg
Protein	8	Trans Fats	0g	Calcium	80mg
Total Carbohydrates...	26g	Saturated Fat	0g	Iron	2mg
Sugars	0g	Added Sugars	0g	Potassium	380mg
Dietary Fiber	9g	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

