



Beans, Garbanzo, Split, IQF

Product Details:

Item Number: 618218  
Pack Size: 12 / 2lb.  
Serving Per Case: 109  
Net Weight: 24 lbs.

Kosher: Yes  
Meal Contribution:  
Class: Always Available  
Shelf Life: 18 months  
Temperature Class: Frozen  
Cook State: Fully Cooked  
GTIN-12 UPC:  
GTIN-14: 00810358033328

Sales Price Per LB: N/A  
Case Price: N/A

Ingredients:

Garbanzo Beans, Water

Allergen Statement:

None

Nutrition Facts

This is a representation of the nutritional label. The nutritional label on the product may vary.

Serving Size	3.5 oz.
Amount Per Serving	
Calories	164
% Daily Value *	
Total Fat 2.6g	4%
Saturated Fat 0.3g	1.5%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 7mg	0.2%
Total Carbohydrate 27g	9%
Dietary Fiber 4.5g	18%
Total Sugars 4.8g	
Incl. Added Sugars 0g	0%
Protein 8g	-
Vitamin D 0mcg	0%
Calcium 49mg	4.9%
Iron 2.9mg	16%
Potassium 291mg	-

\* The % Daily Value 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.

National Food Group  
Email: info@nationalfoodgroup.com . Direct: 800.886.6866  
Fax: 248.669.3000  
46820 Magellan Dr., Suite A, Novi, MI 48377-2454  
www.nationalfoodgroup.com . Call Toll Free: 800.886.6866



## Beans, Garbanzo, Split, IQF

### Preparation and Additional Information:

#### Instructions for Preparation and Cooking:

The product is ready to eat. No cooking or heating is required.

If heating is desired product can be microwaved, steamed, or sautéed.

For the microwave: Poke a small hole in the bag and microwave for about 5-6 mins per bag. these times may vary based on the type and power of the microwave.

Boil in a bag/Steam in bag: Place bag in boiling water or steamer for 5-10 minutes (2 lbs)

Sautee: Preheat the pan and add a small amount of oil. Add product and cook until heated.

### Logistics Information:

**Gross Weight:** 25 lbs

**Case Dimensions:** 0 X 0 X 0

**Pallet Count:** 56

**Cube:** 0

**Block and Tier:** 7 and 8

The information provided above is, to the knowledge of National Food Group, true and accurate based on information provided to National Food Group; provided that National Food Group does not make any express or implied warranties with respect to any such information shall have no liability for any inaccuracies contained in any such information.

#### National Food Group

**Email:** [info@nationalfoodgroup.com](mailto:info@nationalfoodgroup.com) . **Direct:** 800.886.6866

**Fax:** 248.669.3000

46820 Magellan Dr., Suite A, Novi, MI 48377-2454

[www.nationalfoodgroup.com](http://www.nationalfoodgroup.com) . **Call Toll Free:** 800.886.6866