



Beans, Black Beans, IQF, FC

Product Details:

Item Number: 618235

Pack Size: 12 / 2lb.

Serving Per Case: 64

Net Weight: 24 lbs.

Sales Price Per LB: N/A

Case Price: N/A

Kosher: Yes

Meal Contribution: 2 MMA or 1/2 c VEG (Legume)

Class: Always Available

Shelf Life: 18 months

Temperature Class: Frozen

Cook State: Fully Cooked

GTIN-12 UPC:

GTIN-14: 00810358033014

Ingredients:

Black Beans, Water.

Allergen Statement:

None

Benefits and Suggested Use:

Precooked and ready to use! 100% yield! Eliminate the need to soak dried beans overnight or open dangerous metal cans. Clean ingredient statement and offering a perfectly cooked product. Non-GMO and All Natural.

Nutrition Facts

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

Serving Size	6 oz. (1 c)
Amount Per Serving	
Calories	250
	% Daily Value *
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0 mg	0%
Total Carbohydrate 24g	9%
Dietary Fiber 11g	23%
Total Sugars 1g	
Incl. Added Sugars 0g	0%
Protein 12g	23%
Vitamin D 0mcg	0%
Calcium 73mg	6%
Iron 3mg	15%
Potassium 790mg	17%

\* 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.



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### 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:** 16.14 X 12.20 X 7.48

**Pallet Count:** 56

**Double Stack:** No

**Cube:** 0.852

**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.

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