



Beans, Garbanzo Beans, IQF, FC

Product Details:

Item Number: 618236  
Pack Size: 12 / 2lb.  
Serving Per Case: 117  
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: 00810358033212

Ingredients:

Garbanzo Beans, Water

Allergen Statement:

None

Benefits and Suggested Use:

Garbanzo beans, also known as Chickpeas, are one of the most popular beans out there! They provide a great firm texture with a mild and slightly nutty flavor. They are full of protein, fiber, and magnesium. This ready-to-use product is great in soups, stews, as a side dish or can be used to make delicious hummus. Eliminate the long cooking process or the need to open dangerous cans. This product is 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	3.28 oz. (1/2c)
Amount Per Serving	
Calories	150
	% Daily Value *
Total Fat 2g	3%
Saturated Fat .2g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 25g	9%
Dietary Fiber 4g	14%
Total Sugars 4g	
Incl. Added Sugars 0g	0%
Protein 8g	16%
Vitamin D 0	0%
Calcium 45mg	3%
Iron 2.6mg	14%
Potassium 264mg	5%

\* 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.

#### National Food Group

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