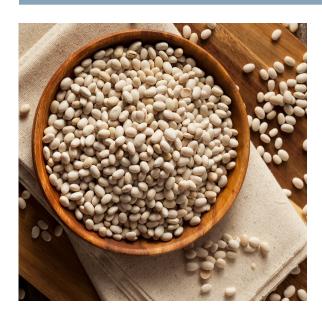
# <u>Always</u> Available.





## Beans, Navy, IQF, FC

#### **Product Details:**

Item Number: 619718 Pack Size: 45lb Bulk Serving Per Case: 205 Net Weight: 45 lbs.

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

Kosher: Yes

Meal Contribution: Class: Always Available Shelf Life: 18 months Temperature Class: Frozen Cook State: Fully Cooked

GTIN-12 UPC: GTIN-14:

### **Ingredients:**

Navy Beans, Water

# **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	140
	% Daily Value *
Total Fat 0.6g	0.9%
Saturated Fat 0.08g	0.4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	8%

Total Sugars 0.3	
Incl. Added Sugars 0g	0%
Protein 8g	_
Vitamin D 0mcg	0%
Calcium 69mg	6.9%
Iron 2.4mg	13%
Potassium 389mg	_

Dietary Fiber 10g

#### **National Food Group**

 $\textbf{Email:} \ info@nationalfoodgroup.com \ . \ \ \textbf{Direct:} \ 800.886.6866$ 

Fax: 248.669.3000

40%

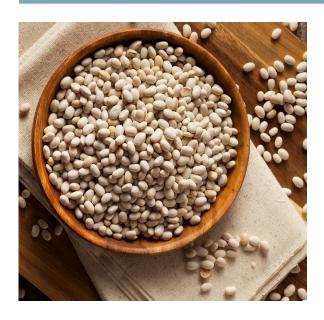
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<sup>\*</sup> The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# <u>Always</u> Available.





# Beans, Navy, IQF, FC

#### **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: 46 lbs

Case Dimensions: 0 X 0 X 0

Pallet Count: 40

Cube: 0

Block and Tier: 0 and 0

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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