



Furmano Foods

003654 - Beans Chick Peas Low Sod All Nat Po

All Natural - Low Sodium Extra Fancy Chick Peas, manufactured by Furmano Foods, shall conform to U.S. Grade A standards using the USDA Standards for Processed Dried Beans, effective September 1, 1976.



Nutrition Facts

Serving Size: 130 Grams

Number of Servings per 144

Amount Per Serving

Calories: 90

Calories from Fat: 0

% Daily Value*

Total Fat 1.5 g 2%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 140 mg 6%

Total Carbohydrate 15 g 5%

Dietary Fiber 4 g 14%

Sugars 3 g 0%

Protein 5 g %

Vitamin A Per Srv 0% **Vitamin C** Per Srv 0%

Calcium 2% **Iron** 10%

*Percent DailyValues are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie

	Calories	2,000	2,500
Total Fat	Less than		
Sat. Fat	Less than		
Cholesterol	Less than		
Sodium	Less than		
Total Carbohydrate			
Dietary Fiber			
Calories per gram			
Fat	Carbohydrate		Protein

* Benefits

Ingredients

Cooked Dried Chick Peas, Water, Salt

! Allergens

Free From:

- shellfish
- eggs
- fish
- dairy
- peanuts
- sesame
- soy
- tree nuts
- wheat

Handling Suggestions

Cool, dry storage at 65°F - Shelf Life 42 Months at 40° - 85° F

Serving Suggestions

Use on Salad Bar or as an Ingredient

Prep & Cooking Suggestions

Ready to Eat

✍ Product Specifications

Brand	Manufacturer	Product Category
FURMANO	Furmano Foods	Beans, Canned, Ref, Frozen

MFG #	SPC #	GTIN	Pack	Pack Desc.
F11984	003654	00041188119849	6	6 x 110 OZ / CS

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
44 lb	41.25 LB	No	USA	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
13.1 in	9.8 in	11.1 in	0.83 FT3	8x7	1260 DAYS	40°f / 85°f



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Nutrition Analysis

Calories	90 kcal	Total Fat	1.5 g	Sodium	140 mg
Protein	5 g	Trans Fats	0 g	Calcium	28 mg
Total Carbohydrates...	15 g	Saturated Fat	0 g	Iron	2 mg
Sugars	3 g	Polyunsaturated Fat		Potassium	
Dietary Fiber		Monounsaturated Fat		Zinc	
Lactose		Cholesterol	0 mg	Phosphorus	
Sucrose					
Vitamin A(U)	0	Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0 mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

