



BELLA VISTA

003659 - Beans Chick Peas Fancy Garbanzo #10

Bella Vista Fancy Garbanzo Beans (Chickpeas) are high in fiber and rich in protein. Garbanzo Beans deliver a bold, nutty flavor and buttery texture to any meal, any time of the day. U.S. Grade B or better (USDA Standards for Canned Dried Beans, effective September 1, 1976).



* Benefits

Ingredients

⚠ Allergens

Free From:

- crustaceans
- shellfish
- mollusks
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

Nutrition Facts

Servings per Container	
Serving size	1/2cup (130g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 13g	5%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes Added Sugar	%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1mg	6%
Potassium 143mg	3%

* The % Daily Value (DV) 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.

Handling Suggestions

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

Serving Suggestions

Serve as a side dish; Use as an ingredient on a salad bar; Use for soups, stews, casseroles, or salsas

Prep & Cooking Suggestions

Ingredient

📄 Product Specifications

Brand	Manufacturer	Product Category
BELLA VISTA	Furmano Foods	Beans, Canned, Ref, Frozen

MFG #	SPC #	GTIN	Pack	Pack Desc.
F10252	003659	00041188102520	6	6 / 6 / cs

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
47lb	41.25lb	No	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
18.81in	12.63in	7.25in	1ft3	8x7	1260DAYS	40°F / 85°F



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Nutrition Analysis - By Serving

Calories	80	Total Fat	1.5g	Sodium	140mg
Protein	4	Trans Fats	0g	Calcium	26mg
Total Carbohydrates...	13g	Saturated Fat	0g	Iron	1mg
Sugars	2g	Added Sugars		Potassium	143mg
Dietary Fiber	4g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

