



SUNSOURCE

003666 - Beans Black Fancy 105949

SunSource Merit Black Beans, aka Turtle Beans, are rich in magnesium and have a smooth, velvety texture. Especially popular in classic Latin American, Caribbean and Southwestern dishes, Black Beans are an excellent source of plant-based protein and have a mildly sweet, earthy taste that pairs well with smoky flavors such as C...



Nutrition Facts

Serving size	130 Grams	
Amount per serving		
Calories	110	
	% Daily Value*	
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 140mg	6%	
Total Carbohydrate 20g	7%	
Dietary Fiber 5g	17%	
Total Sugars 1g		
Includes	Added Sugars	%
Protein 7g		
Vitamin D	%	
Calcium 42mg	3%	
Iron 2mg	11%	
Potassium	%	

* Benefits

SunSource Merit Black Beans are high in fiber, iron-rich, and gluten free. Adding appeal to any meal at any time of the day, SunSource Merit shelf-stable Black Beans are a convenient and versatile ingredient that pack a nutritional punch. SunSource Merit Black Beans meet or exceed USDA Fancy Grade A specifications.

Ingredients

Black Beans, Water, Salt, Calcium Chloride, Ferrous Gluconate

⚠ Allergens

Free From:

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

* 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

Store at ambient temperature. Avoid freezing or prolonged storage above 90° F and below 40° F. After opening transfer into covered plastic storage container and refrigerate; best if used within 10 days.

Serving Suggestions

SunSource Merit Black Beans can be used as an ingredient in soups, stews, sauces, salsas, or salads. You can also stretch ground beef filling in tacos or use them as a burrito filling.

Prep & Cooking Suggestions

Ready to serve or use according to recipe.

📄 Product Specifications

Brand		Manufacturer		Product Category		
SUNSOURCE		Mc Call Farms Inc		Beans, Canned, Ref, Frozen		
MFG #	SPC #	GTIN	Pack	Pack Desc.		
105949	003666	10018687000593	6	6 x #10 / CS		
Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition		
47 lb	41.25 LB	USA	Yes			
Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
18.81 in	12.63 in	7.25 in	1 FT3	8x7	1095 DAYS	40°f / 70°f



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Nutrition Analysis

Calories	110 kcal	Total Fat	0 g	Sodium	140 mg
Protein	7	Trans Fats	0 g	Calcium	42 mg
Total Carbohydrates...	20 g	Saturated Fat	0 g	Iron	2 mg
Sugars	1 g	Added Sugars		Potassium	
Dietary Fiber	5 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
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

