

BEAN, PINTO TRIPLE CLEAN DRY RAW

Pinto Beans Triple Cleaned

Product Last Saved Date:14 October 2014

Nutrition Facts

Serving Size: .25 CU

Number of Servings per Package: 514

Amount Per Serving

Calories: 152.68 Calories from Fat: 4.87

% Daily Value*

Total Fat	.54 g	1%
Saturated Fat	.1 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	5.28 mg	0%
Total Carbohydrate	27.52 g	9%
Dietary Fiber	6.82 g	28%
Sugars	.93 g	
Protein	9.42 g	

Vitamin A	Per Srv	0%	Vitamin C	Per Srv	4%
Calcium	4%		Iron	10%	

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

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat	9	Carbohydrate	4	Protein	4
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Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
P111050300	003718	00072769503238	1 X 50 LB	

Brand	Brand Owner	GPC Description
C&F FOODS	C & F FOODS INC	Vegetable Based Products – Not Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
50.34 LB	50 LB	USA	Yes	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 IN	3.5 IN	32 IN	0.972 CF	10x5	365 Days	40 FA / 70 FA

Ingredients:

pinto bean

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - N	Milk - N	Peanuts - N
Soy - N	Wheat - N	TreeNuts - N
Fish - N	Crustacean - N	Nuts - NI

Handling Suggestions:

Cool dry storage conditions less than 70 degrees

Benefits:

Famous for its zesty "South of the Border" uses, this ever popular bean plays an important part in tacos, burritos, tostadas, and chili

Serving Suggestions:

Pinto Beans are an essential ingredient in many hispanic dishes, such as "Chipotle Pinto Beans" a fine mix of Pinto Beans in chopped tomato, seasoned with garlic, ground cumin, chili powder, onion and chipotle chili in adobo. Serve with crackers as desired.

Prep & Cooking Suggestions:

1 cups of beans, add 3 cups water to drained and rinsed beans. Simmer gently with a lid until desired tenderness is reached, about 1:30hrs. Add salt and pepper to taste.

More Information: