

# BEAN, BLACK TURTLE DRY WASHED RAW

Black Beans Pre-Washed

Product Last Saved Date:24 April 2015

## Nutrition Facts

Serving Size: .25 CU

Number of Servings per Package: 453

### Amount Per Serving

Calories: 169.5      Calories from Fat: 4.05

### % Daily Value\*

<b>Total Fat</b>	.45 g	0%
Saturated Fat	.12 g	0%
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0%
<b>Sodium</b>	4.5 mg	0%
<b>Total Carbohydrate</b>	31.63 g	11%
Dietary Fiber	12.45 g	48%
Sugars	1.12 g	
<b>Protein</b>	10.62 g	

<b>Vitamin A</b>	Per Srv	0%	<b>Vitamin C</b>	Per Srv	0%
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<b>Calcium</b>	8%	<b>Iron</b>	25%
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\*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
BKB1050400	003725	00072769504044	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	TlxHl	Shelf Life	Storage Temp From/To
15 IN	3.5 IN	32 IN	0.972 CF	10x5	365 Days	40 FA / 70 FA

## Ingredients:

black beans

## 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:

These medium-sized, black-skinned ovals are also called turtle beans. A favorite in South and Central American and Caribbean cuisine

## Serving Suggestions:

Black Beans can be combined with cumin and garlic to make delicious soups or enchiladas. Also, prepare with olive oil, fresh cilantro and chopped vegetables such as corn and carrots for a great bean salad.

## 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 2 hours. Add salt and pepper to taste.

## More Information: