



FURMANO  
003658 - Beans Chick Peas Garbanzo

Chick Peas, supplied by Furmano Foods, shall conform to U.S. Grade A standards using the 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 120**

|                                  | % Daily Value* |
|----------------------------------|----------------|
| <b>Total Fat</b> 1.42g           | <b>0%</b>      |
| Saturated Fat 0.14g              | <b>1%</b>      |
| Trans Fat 0g                     |                |
| <b>Cholesterol</b> 0mg           | <b>0%</b>      |
| <b>Sodium</b> 108.26mg           | <b>5%</b>      |
| <b>Total Carbohydrate</b> 14.79g | <b>5%</b>      |
| Dietary Fiber 2.87g              | <b>10%</b>     |
| Total Sugars 2.51g               |                |
| Includes Added Sugar             | <b>%</b>       |
| <b>Protein</b> 4.81g             |                |
| Vitamin D 0mg                    | <b>0%</b>      |
| Calcium 15.74mg                  | <b>1%</b>      |
| Iron 1.01mg                      | <b>6%</b>      |
| Potassium 169.43mg               | <b>4%</b>      |

\* 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            |
|---------|--------------|-----------------------------|
| FURMANO | Furmanos     | Vegetables, Canned & Frozen |

| MFG #  | SPC #  | GTIN           | Pack | Pack Desc.   |
|--------|--------|----------------|------|--------------|
| 040433 | 003658 | 00041188040433 | 1    | 24 / 24 / ea |

| Gross Weight | Net Weight | Catch Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|--------------|-------------------|--------|-----------------|
| 18.67oz      | 15.5oz     | No           | USA               | Yes    | No              |

| Shipping Information |       |        |          |       |            |                      |
|----------------------|-------|--------|----------|-------|------------|----------------------|
| Length               | Width | Height | Volume   | TlxHI | Shelf Life | Storage Temp From/To |
| 3in                  | 3in   | 4.44in | 39.94INQ | 17x5  | 1260DAYS   | 40°F / 85°F          |



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Nutrition Analysis

|                        |        |                     |          |               |          |
|------------------------|--------|---------------------|----------|---------------|----------|
| Calories               | 120    | Total Fat           | 1.42g    | Sodium        | 108.26mg |
| Protein                | 4.81   | Trans Fats          | 0g       | Calcium       | 15.74mg  |
| Total Carbohydrates... | 14.79g | Saturated Fat       | 0.14g    | Iron          | 1.01mg   |
| Sugars                 | 2.51g  | Added Sugars        |          | Potassium     | 169.43mg |
| Dietary Fiber          | 2.87g  | Polyunsaturated Fat | 0.64g    | Zinc          | 0.65     |
| Lactose                |        | Monounsaturated Fat | 0.32g    | Phosphorus    |          |
| Sucrose                |        | Cholesterol         | 0mg      |               |          |
| Vitamin A(IU)•         | 15.74  | Vitamin D           | 0mg      | Thiamin       |          |
| Vitamin A(RE)          |        | Vitamin E           |          | Niacin        |          |
| Vitamin C              | 0.94mg | Folate              | 130.83mg | Riboflavin    | 0.05mg   |
| Magnesium              |        | Vitamin B-6         |          | Vitamin B-12• |          |
| Monosodium             |        | Sulphites           |          | Nitrates      |          |

 Additional Images

