



SUNSOURCE

003777 - Beans Black Fancy Ls #10

DELICIOUS TASTE: Black Beans are harvested when the bean pods become a tan, "buckskin" color and the beans held within have dried to the right moisture level and changed from purple to a deep black-purple color. We are extra picky in selecting just the right beans that we then prepare to deliver tender black beans that have a deliciously mild, creamy flavor, and rich color.
NATURAL GOODNESS: Black Beans are grown and cultivated to make every pea-sized deep black-purple bean deliciously mild and creamy tasting ready for your enjoyment.
GROWN & MADE IN THE USA: Black Beans are Grown & Made in the USA. Cultivated by U.S. farmers on family-owned farms located in the fertile growing regions of the mid-west and western United States.
ENVIRONMENTALLY FRIENDLY: Black Beans are packaged in recyclable steel cans made with Non-BPA lining (can lining not intentionally made with BPA). Black Beans are Ready-to-Enjoy as a side-dish or in your favorite recipes like, Black Bean Salad with Corn & Avocado or Black Bean Chili! Please recycle.



Nutrition Facts

Servings per Container 24
Serving size 1/2cup (125g)

Amount per serving
Calories 110

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 5g	18%
Total Sugars 1g	
Includes 1g Added Sugar	2%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 110mg	8%
Iron 1.6mg	9%
Potassium 460mg	10%

* 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.

* Benefits

Sunsource Merit Fancy Black Beans
Simple Ingredients
High Quality
Naturally Gluten Free
USA Grown and Processed

Ingredients

PREPARED BLACK BEANS,
WATER, SUGAR, SALT, CALCIUM
CHLORIDE (FIRMING AGENT),
FERROUS GLUCONATE (FOR
COLOR RETENTION).

⚠ Allergens

Free From:

- crustaceans eggs fish milk
 peanuts sesame soy tree nuts
 wheat

Handling Suggestions

Store at ambient temperature.
Avoid freezing or prolonged storage
above 90° F and below 40° F with
no more than 50% humidity.

Serving Suggestions

Salad Bars. Casseroles. Soups. Pot
Pies.

Prep & Cooking Suggestions

Stove Top: Empty contents into
saucepan. Bring just to a boil; drain, if
desired. Serve.
Microwave: Empty contents into
microwavable dish; cover; heat 3-4
minutes. Stir, season to taste and serve.

✍ Product Specifications

Brand	Manufacturer	Product Category
SUNSOURCE	Seneca Foods Corporation	Beans

MFG #	SPC #	GTIN	Pack	Pack Desc.
F001868700059	003777	10018687000593	6	6 / / cs

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
47lb	40.5lb	No	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
18.66in	12.42in	7.08in	0.95ft3	7x7	1095DAYS	55°F / 95°F



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Nutrition Analysis - By Serving

Calories	110	Total Fat	0g	Sodium	130mg
Protein	7	Trans Fats	0g	Calcium	110mg
Total Carbohydrates...	20g	Saturated Fat	0g	Iron	1.6mg
Sugars	1g	Added Sugars	1g	Potassium	460mg
Dietary Fiber	5g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images



Nutrition Facts	
Datos de Nutrición	
About 24 servings per container/Aprox. 24 porciones por envase	
Serving size 1/2 Cup (125g)	
Tamaño por Ración 1/2 Taza (125g)	
Amount per serving/Cantidad por porción	
Calories/Calorías	110
% Daily Value / % Valor Diario*	
Total Fat/Greasa Total 0g	0%
Saturated Fat/Grasa Saturada 0g	0%
Total Cholesterol/Colesterol 0mg	0%
Sodium/Sodio 130mg	6%
Total Carbohydrate/Carbohidratos Total 20g	7%
Dietary Fiber/Fibra Dietética 5g	10%
Total Sugars/Total Azúcares 1g	2%
Includes 1g Added Sugars	
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Protein/Proteínas 7g	
Vitamin D/Vitamina D 0mcg	0%
Calcium/Calcio 110mg	8%
Iron/Hierro 1.6mg	8%
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