



FURMANO

003669 - Beans Chick Peas Garbanzo Organic #

Organic Chick Peas, canned by Furmano Foods, shall conform to U.S. Grade A standards using the USDA Standards for Canned Dried Beans, effective September 1, 1976.

*****ORGANIC CERTIFICATE OF COMPLIANCE by Quality Assurance International.*****



* Benefits

Ingredients

Organic Chick Peas, Water, Sea Salt

⚠ Allergens

Free From:

- crustaceans
- shellfish
- mollusks
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

Nutrition Facts

Servings per Container 24
Serving size 1/2cup (130g)

Amount per serving
Calories 63.72

	% Daily Value*
Total Fat 1.01g	0%
Saturated Fat 0.1g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 10.65g	4%
Dietary Fiber 4g	14%
Total Sugars 1.87g	
Includes Added Sugar	%
Protein 3.44g	
Vitamin D 0mcg	0%
Calcium 20.91mg	2%
Iron 4mg	22%
Potassium 114.75mg	2%

* 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

Use for soups, stews, casseroles, or salsas

Prep & Cooking Suggestions

Ingredient

📝 Product Specifications

Brand	Manufacturer	Product Category
FURMANO	Furmano Foods	Beans, Canned, Ref, Frozen

MFG #	SPC #	GTIN	Pack	Pack Desc.
F11342	003669	00041188113427	6	6 / 6 / 6 cs

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
47lb	41.25lb	No	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
18.81in	12.63in	7.25in	1ft3	8x7	1260DAYS	40°F / 85°F



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Nutrition Analysis - By Serving

Calories	63.72	Total Fat	1.01g	Sodium	180mg
Protein	3.44	Trans Fats	0g	Calcium	20.91mg
Total Carbohydrates...	10.65g	Saturated Fat	0.1g	Iron	4mg
Sugars	1.87g	Added Sugars		Potassium	114.75mg
Dietary Fiber	4g	Polyunsaturated Fat	0.45g	Zinc	4.19
Lactose		Monounsaturated Fat	0.23g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	10.49	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0.51mg	Folate	66.83mg	Riboflavin	0.02mg
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

 Additional Images

