



SENECA

003766 - Beans Chick Peas Garbanzo

SIMPLE & DELICIOUS: Garbanzo Beans may have simple ingredients; but they're packed with bold flavor that indicates high quality. Perfect for all your favorite recipes!
PLANT BASED PROTEIN: Garbanzo beans are packed with plant-based protein to power your whole day perfect for living a healthy lifestyle and a great addition for those following a plant based diet.
ENVIRONMENTALLY FRIENDLY: Garbanzo Beans are packaged in recyclable steel cans made with Non-BPA lining (can lining not intentionally made with BPA). Patiently and conveniently waiting in your cupboard for your enjoyment - these Garbanzo Beans are Ready-to-Eat! Please recycle.



* Benefits

Stokely's Garbanzo Beans
Ready to Eat
Great Addition to your Plant Based Diet
Rich and Creamy Taste
Naturally Gluten Free

Ingredients

PREPARED GARBANZO BEANS, WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT), SODIUM METABISULFITE AND DISODIUM EDTA FOR COLOR RETENTION.

⚠ Allergens

Free From:

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

Nutrition Facts

Servings per Container 3.5
Serving size 1/2cup (125g)

Amount per serving
Calories 120

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 21g	8%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugar	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 239mg	5%

* 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

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

Stovetop: Empty contents into saucepan. Bring just to a boil; drain, if desired. Season to taste.
Microwave: Empty contents into microwaveable dish; cover; heat 3-4 minutes. Stir. Season to taste.

✍ Product Specifications

Brand	Manufacturer	Product Category
SENECA	Seneca Foods Corporation	Vegetables, Canned & Frozen

MFG #	SPC #	GTIN	Pack	Pack Desc.
F007022292774	003766	10070222927741	24	24 / / cs

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
25.98lb	25.77lb	No	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TLxHI	Shelf Life	Storage Temp From/To
12.15in	9.12in	8.98in	0.58ft3	17x5	1095DAYS	55°F / 95°F



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Nutrition Analysis - By Serving

Calories	120	Total Fat	2g	Sodium	300mg
Protein	7	Trans Fats	0g	Calcium	30mg
Total Carbohydrates...	21g	Saturated Fat	0g	Iron	1mg
Sugars	4g	Added Sugars	0g	Potassium	239mg
Dietary Fiber	4g	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

