



SENECA

# 003772 - Beans Black



**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.

**SIMPLE LABEL:** Only prepared black beans, water and sea salt!

**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 **3.5**  
 Serving size **1/2cup (125g)**

Amount per serving  
**Calories 110**

	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 1g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 6g	
Vitamin D 0mcg	<b>0%</b>
Calcium 38mg	<b>3%</b>
Iron 1mg	<b>6%</b>
Potassium 421mg	<b>9%</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.

### \* Benefits

- Stokely's Black Beans
- Simple Ingredients
- High Quality
- Naturally Gluten Free
- USA Grown and Processed

### Ingredients

BLACK BEANS, WATER, SALT

### ⚠ 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

Side Dish. Soup. Casserole.

### 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
SENECA	Seneca Foods Corporation	Vegetables, Canned & Frozen

MFG #	SPC #	GTIN	Pack	Pack Desc.
F007022292771	003772	10070222927710	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	110	Total Fat	0g	Sodium	300mg
Protein	6	Trans Fats	0g	Calcium	38mg
Total Carbohydrates...	18g	Saturated Fat	0g	Iron	1mg
Sugars	1g	Added Sugars	0g	Potassium	421mg
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

