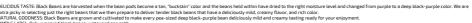


SENECA 003772 - **Beans Black**









* Benefits

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

Ingredients	▲ Allergens
BLACK BEANS, WATER, SALT	Free From: Continue Continue

Nutrition Facts

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

Amount per serving Calories

110

Galorics	110
% D	aily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 18g	7%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 6g	_
Vitamin D 0mcg	0%
Calcium 38mg	3%
Iron 1mg	6%
Potassium 421mg	9%

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 900 F and below 400 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						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-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images













