



STOKELY

# 003797 - Beans Chickpeas Fancy Garbanzo #10

**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.



## Nutrition Facts

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

Amount per serving  
**Calories 120**

	% Daily Value*
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 130mg	<b>6%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 4g	
Includes 0g Added Sugar	<b>0%</b>

<b>Protein</b> 7g	
Vitamin D 0mcg	<b>0%</b>
Calcium 44mg	<b>3%</b>
Iron 2mg	<b>11%</b>
Potassium 264mg	<b>6%</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 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), DISODIUM EDTA (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

**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
STOKELY	Seneca Foods Corporation	Beans, Canned, Ref, Frozen

MFG #	SPC #	GTIN	Pack	Pack Desc.
F007022293850	003797	10070222938501	6	6 / cs

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
44.92lb	44.1lb	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	120	Total Fat	2g	Sodium	130mg
Protein	7	Trans Fats	0g	Calcium	44mg
Total Carbohydrates...	23g	Saturated Fat	0g	Iron	2mg
Sugars	4g	Added Sugars	0g	Potassium	264mg
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

