



GOYA

007667 - Beans Black 2465

Everyone's favorite! These delicious and versatile black beans, winners of the ChefsBest Excellence Award,* have an amazing earthy flavor and a smooth and creamy texture. A staple in many recipes, like the classic beans and rice, they're also an ideal ingredient to make soups, stews and many more dishes. They contain fiber, iron and potassium, and are cholesterol and gluten free. Try them!



* Benefits

Nutrition Facts

Servings per Container **7**
Serving size 1/2cupperserving (0.5Cup(US))

Amount per serving
Calories 90

	% Daily Value*
Total Fat	%
Saturated Fat	%
Trans Fat	
Cholesterol	%
Sodium 460mg	20%
Total Carbohydrate 19g	7%
Dietary Fiber 6g	21%
Total Sugars	
Includes Added Sugar	%
Protein 7g	
Vitamin D	%
Calcium	%
Iron	%
Potassium	%

* 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.

Ingredients

BLACK BEANS, WATER AND SALT.

⚠ Allergens

Handling Suggestions

Keep in a dry place

Serving Suggestions

Prep & Cooking Suggestions

Prepare according to package label, for cooking ideas, recipes and many more varieties visit us at www.goya.com

📄 Product Specifications

Brand	Manufacturer	Product Category
GOYA	Goya Foods, Inc.	Vegetables, Canned & Frozen

MFG #	SPC #	GTIN	Pack	Pack Desc.
2465	007667	10041331024652		/ / ea

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
34.24oz	29oz	No	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
4in	4in	4.65in	74.4INQ	8x10	1825DAYS	40°F / 85°F



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Nutrition Analysis - By Serving

Calories	90	Total Fat		Sodium	460mg
Protein	7	Trans Fats		Calcium	
Total Carbohydrates...	19g	Saturated Fat		Iron	
Sugars		Added Sugars		Potassium	
Dietary Fiber	6g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol			
Vitamin A(U)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

