



Beans, Garbanzo Beans, IQF

Product Details:

Item Number: 618236
Pack Size: 12/2 lb.
Serving Per Case: 109
Net Weight: 24 lbs.

Kosher: Yes
Meal Contribution:
Class: Always Available
Shelf Life: 18 months
Temperature Class: Frozen
Cook State: Fully Cooked
GTIN-12 UPC:
GTIN-14: 00810358033212

Sales Price Per: NA
Case Price: NA

Ingredients:

Garbanzo Beans, Water

Allergen Statement:

None

Nutrition Facts

This is a representation of the nutritional label. The nutritional label on the product may vary.

Serving Size 3.5 oz.

Amount Per Serving

Calories 164

% Daily Value *

Total Fat 2.5g 3%

Saturated Fat 0.3g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 7mg 2%

Total Carbohydrate 27g 9%

Dietary Fiber 4.5g 18%

Total Sugars 4.8g

Incl. Added Sugars 0g 0%

Protein 9g

Vitamin D

Calcium 49mg 5%

Iron 3mg 16%

Potassium 291mg

* The % Daily Value 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.

National Food Group

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Preparation and Additional Information:

Instructions for Preparation and Cooking:

Product is ready to eat. No cooking or heating is required.
If heating is desired product can be microwaved, steamed, or sautéed.

For the microwave:

Poke a small hole in the bag
microwave for 15 mins - 4 lbs bag . these times may vary based on type and power of microwave.

Boil in a bag/Steam in bag

Place bag in boiling water or steamer for 10 minutes (4 lbs)

Sautee:

Preheat pan and add small amount of oil.
Add product and cook until heated.

Logistics Information:

Gross Weight: 25 lbs

Case Dimensions: 16.14 X 12.20 X 7.48

Pallet Count: 64

Cube: 0.852

Block and Tier: 8 and 8

The information provided above is, to the knowledge of National Food Group, true and accurate based on information provided to National Food Group; provided that National Food Group does not make any express or implied warranties with respect to any such information shall have no liability for any inaccuracies contained in any such information.

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