



Furmano Foods Inc.

1067877356 - Beans Black Fancy

SunSource Merit Black Beans, aka Turtle Beans, are rich in magnesium and have a smooth, velvety texture. Especially popular in classic Latin American, Caribbean and Southwestern dishes, Black Beans are an excellent source of plant-based protein and have a mildly sweet, earthy taste that pairs well with smoky flavors such as chipotle.



Nutrition Facts

Serving Size: 130 Grams  
Number of Servings per 144

Amount Per Serving

Calories: 110                      Calories from Fat: 0

% Daily Value\*

Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	140 mg	6%
Total Carbohydrate	20 g	7%
Dietary Fiber	5 g	18%
Sugars	1 g	0%
Protein	7 g	%

Vitamin A	Per Srv 0%	Vitamin C	Per Srv 0%
Calcium	4%	Iron	10%

\*Percent DailyValues are based on a 2,000 calorie diet.Your daily values may be higher or lower depending on your calorie

	Calories	2,000	2,500
Total Fat	Less than		
Sat. Fat	Less than		
Cholesterol	Less than		
Sodium	Less than		
Total Carbohydrate			
Dietary Fiber			

Calories per gram		
Fat	Carbohydrate	Protein

\* Benefits

SunSource Merit Black Beans are high in fiber, iron-rich, and gluten free. Adding appeal to any meal at any time of the day, SunSource Merit shelf-stable Black Beans are a convenient and versatile ingredient that pack a nutritional punch. SunSource Merit Black Beans meet or exceed USDA Fancy Grade A specifications.

Ingredients

Black Beans, Water, Salt, Calcium Chloride, Ferrous Gluconate

⚠ Allergens

Free From:

- shellfish
- eggs
- fish
- dairy
- peanuts
- sesame
- soy
- tree nuts
- wheat

Handling Suggestions

Store at ambient temperature. Avoid freezing or prolonged storage above 90° F and below 40° F. After opening transfer into covered plastic storage container and refrigerate; best if used within 10 days.

Serving Suggestions

SunSource Merit Black Beans can be used as an ingredient in soups, stews, sauces, salsas, or salads. You can also stretch ground beef filling in tacos or use them as a burrito filling.

Prep & Cooking Suggestions

Ready to serve or use according to recipe.

✎ Product Specifications

Brand	Manufacturer	Product Category
SunSource Merit	Furmano Foods Inc.	Beans, Canned, Ref, Frozen

MFG #	SPC #	GTIN	Pack	Pack Desc.
105949	1067877356	10018687000593	6	6/#10 cans

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
47 lb	41.25 lb	No	USA	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
18.81 in	12.63 in	7.25 in	1 ft3	8x7	1260 DAYS	40°F / 85°F



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Nutrition Analysis

Calories	110 kcal	Total Fat	0 g	Sodium	140 mg
Protein	7 g	Trans Fats	0 g	Calcium	42 mg
Total Carbohydrates...	20 g	Saturated Fat	0 g	Iron	2 mg
Sugars	1 g	Polyunsaturated Fat		Potassium	
Dietary Fiber		Monounsaturated Fat		Zinc	
Lactose		Cholesterol	0 mg	Phosphorus	
Sucrose					
Vitamin A(IU)	0	Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0 mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

