

Trinidad Benham Corporation

Peak 50# Garbanzo

Beans

Garbanzo Beans



Fat Free, High in Fiber, Good Source of Protein, Cholesterol Free, Low Sodium, Good Source of Iron

Brand		Manufacturer			Product Category	
Peak		Trinidad Benham Corporation			Unassigned	
MFG #		GTIN			Pack	Pack Desc.
405664440		00071187200934			0	1/50 lbs ppr bg
Gross Weight		Net Weight		Country of Origin		Kosher
50.50 lbs		50.00 lbs		United States of America		No
Length		Width	Height	Volume	TlxHl	Shelf Life
25.30 inches		15.30 inches	5.30 inches	1.19 cu ft	5x10	365 days
				Storage Temp From/To		
				40.00 / 90.00 FAH		

INGREDIENTS

Garbanzo Beans

HANDLING

Store in a dry place.

SERVING

Perfect as a side dish

PREP & COOKING

Quick Soak: Rinse and sort beans in a large pot. To 1 lb. of beans (2 cups) add 8 cups hot water. Bring to rapid boil, boil for 2 minutes. Remove from heat. Cover and let stand 1 hour. Drain soak water and rinse beans. Overnight Soak: Rinse and sort beans in a large pot. To 1 lb. of beans (2 cups) add 8 cups cold water. Let stand overnight or at least 6 to 8 hours. Drain soak water and rinse beans. Cooking Directions: Add 6-8 cups of hot water to drained and rinsed beans. Simmer gently with lid tilted until desired tenderness is reached, about 1-1/2 to 2 hours.

Nutrition Facts

260 servings per container

Serving size 35gr

Amount Per Serving

Calories 100

% Daily Value*

Total Fat 2gr 2%

Saturated Fat 0gr 0%

Trans Fat 0gr

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 22gr 8%

Dietary Fiber 8gr 30%

Total Sugars 1gr

Includes 0 Added Sugars %

Protein 7gr

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 1.7mg 10%

Potassium 295mg 6%

* 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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

ALLERGENS

Free From

Milk, Eggs, Fish, Crustacean, Molluscs, Tree Nuts, Peanuts, Nuts, Sesame, Soy, Mustard, Sulphites

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NUTRITION ANALYSIS

Calories	100	Total Fat	2 gr	Sodium	10 mg
Protein	7 gr	Trans Fats	0 gr	Calcium	0 mg
Total Carbohydrates	22 gr	Saturated Fat	0 gr	Iron	1.7 mg
Sugars	1 gr	TPolyunsaturated Fat	0	Potassium	295 mg
Dietary Fiber	8 gr	Monounsaturated Fat	0	Zinc	0
Lactose		Cholesterol	0 mg	Phosphorus	0
Vitamin A(IU)	0 mcg	Vitamin D	0 mcg	Thiamin	0
Vitamin A(RE)		Vitamin E	0	Niacin	0
Vitamin C	0 mg	Folate	0	Riboflavin	0
Magnesium	0	Vitamin B-6	0	Vitamin B-12	0