



SunSource Merit

# 1071550511 - Beans Garbanzo Fancy

SunSource Merit Garbanzo Beans, aka Chick Peas, are one of the most popular and fastest growing dry beans in the food service segment today. Popular in Middle Eastern and Indian dishes like falafels and curries, Garbanzo Beans are also great in soups, stews, salads, or pureed to make hummus.



## Nutrition Facts

Servings per Container **24**  
Serving size **1/2cup (130g)**

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> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 3g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 7g	
Vitamin D 0µg	<b>0%</b>
Calcium 23mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 230mg	<b>5%</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

SunSource Merit Garbanzo Beans are high in both fiber and protein, low in fat, and gluten free. Garbanzo Beans are a convenient and versatile ingredient that pack a nutritional punch while delivering a bold, nutty flavor with a buttery texture to any meal at any time of the day. SunSource Merit Garbanzo Beans meet or exceed USDA Fancy Grade A specifications.

### Ingredients

PREPARED GARBANZO BEANS, WATER, SALT, DISODIUM EDTA (ADDED TO PROMOTE 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. After opening transfer into covered plastic storage container and refrigerate; best if used within 10 days.

### Serving Suggestions

SunSource Merit Garbanzo Beans can be used as an ingredient for soups, salads, casseroles, or pasta. You can also puree to make hummus, spreads, pizza toppings and dips.

### Prep & Cooking Suggestions

Ready to serve or use according to recipe.

### Product Specifications

Brand	Manufacturer	Product Category
SunSource Merit	Teasdale Foods Inc	Beans

MFG #	SPC #	GTIN	Pack	Pack Desc.
01663	1071550511	00018687000626		1/#10 can

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
118.6oz	108oz	USA	No	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
6.13in	6.13in	7.13in		8x0	1095DAYS	40°F / 70°F



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## Nutrition Analysis - By Serving

Calories	120D70	Total Fat	2g	Sodium	140mg
Protein	7g	Trans Fats	0g	Calcium	23mg
Total Carbohydrates...	20g	Saturated Fat	0g	Iron	1mg
Sugars	3g	Added Sugars	0g	Potassium	230mg
Dietary Fiber	4g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0µg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

### Additional Images

