



Furmano Foods Inc.

1068925365 - 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

Serving Size: 130 Grams

Number of Servings per 24

Amount Per Serving

Calories: 80

Calories from Fat: 0

% Daily Value*

Total Fat 1.5 g 2%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 140 mg 6%

Total Carbohydrate 13 g 5%

Dietary Fiber 4 g 14%

Sugars 2 g 0%

Protein 4 g %

Vitamin A Per Srv 0% **Vitamin C** Per Srv 0%

Calcium 2% **Iron** 6%

*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 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

Cooked Dried Chick Peas, Water, Salt, Disodium EDTA (To Preserve Color)

⚠ 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 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	Furmano Foods Inc.	

MFG #	SPC #	GTIN	Pack	Pack Desc.
000626	1068925365	00018687000626		1/#10 can

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
125.33 oz	110 oz	No	USA	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
6.19 in	6.19 in	7 in	268.04 INQ	8x7	1260 DAYS	40°F / 85°F



Furmano Foods Inc.

1068925365 - 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 Analysis

Calories	80 kcal	Total Fat	1.5 g	Sodium	140 mg
Protein	4 g	Trans Fats	0 g	Calcium	26 mg
Total Carbohydrates***	13 g	Saturated Fat	0 g	Iron	1 mg
Sugars	2 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

