



American Roland Food Corp
Roland Black Beans
BLACK BEANS



High in fiber. Fat free and cholesterol free.

Brand		Manufacturer		Product Category		
Roland		American Roland Food Corp		Black Beans Dry Pack Canned		
MFG #		GTIN		Pack	Pack Desc.	
46334		10041224463346		0	24/16 oz	
Gross Weight		Net Weight		Country of Origin		Kosher
27.00 lbs		23.25 lbs		United States of America		No
Length		Width	Height	Volume	TlxHl	Shelf Life
18.00 inches		12.00 inches	4.50 inches	0.56 cu ft	9x10	1080
				Storage Temp From/To		
				40.00 / 75.00 FAH		

INGREDIENTS

Water, Black Beans, Salt.

HANDLING

Shelf stable at room temperature. Refrigerate after opening.

SERVING

Serve with rice and chicken. A delicious fat free side dish. Perfect for vegetarian or Kosher menus, they are also delicious in a variety of soups.

PREP & COOKING

Pre-cooked, Roland Black Beans are ready to use out of the can in either cold or hot dishes.

Nutrition Facts

48 servings per container

Serving size **130gr**

Amount Per Serving

Calories **180**

% Daily Value*

Total Fat 0.5gr **1%**

Saturated Fat 0gr **1%**

Trans Fat 0gr

Cholesterol 0mg **0%**

Sodium 350mg **15%**

Total Carbohydrate 31gr **11%**

Dietary Fiber 11gr **40%**

Total Sugars 0gr

Includes 0gr Added Sugars %

Protein 12gr

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 2.7mg **15%**

Potassium 462mg **10%**

* 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, Tree Nuts, Peanuts, Nuts, Sesame, Soy



American Roland Food Corp

Roland Black

Beans

BLACK BEANS

UniPro
FOODSERVICE

NUTRITION ANALYSIS

Calories	180	Total Fat	0.5 gr	Sodium	350 mg
Protein	12 gr	Trans Fats	0 gr	Calcium	0 mg
Total Carbohydrates	31 gr	Saturated Fat	0 gr	Iron	2.7 mg
Sugars	0 gr	TPolyunsaturated Fat	0	Potassium	462 mg
Dietary Fiber	11 gr	Monounsaturated Fat	0	Zinc	0
Lactose		Cholesterol	0 mg	Phosphorus	0
Vitamin A(IU)	0	Vitamin D	0 mcg	Thiamin	0
Vitamin A(RE)		Vitamin E	0	Niacin	0
Vitamin C	0	Folate	0	Riboflavin	0
Magnesium	0	Vitamin B-6	0	Vitamin B-12	0