



Furmanos
Furmanos; 6/#10 Black Beans - Brine
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Furmano's Black Beans have a smooth, velvety texture and mild earthy flavor. An excellent source of plant-based protein, Black Beans are great as an ingredient in soups, stews, sauces, salsas, or salads. Stretch ground beef filling in tacos or use them as a burrito filling! U.S. Grade A (USDA Standards for Canned Dried Beans, effective September 1, 1976).

Brand		Manufacturer		Product Category		
Furmano		Furmanos		Black Beans Dry Pack Canned		
MFG #		GTIN		Pack	Pack Desc.	
F10235		00041188102353		6	6/#10 cans	
Gross Weight		Net Weight	Country of Origin		Kosher	Child Nutrition
47.00 lbs		41.25 lbs	United States of America		Yes	
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
18.81 inches	12.63 inches	7.25 inches	1.00 cu ft	8x7	1260	40.00 / 85.00 FAH

INGREDIENTS

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

HANDLING

Cool, dry storage at 65°F - Shelf Life 42 Months at 40° - 85° F

SERVING

Serve as a side dish; Use as an ingredient on a salad bar; Use for soups, stews, casseroles, or salsas

PREP & COOKING

Ready to Eat

Nutrition Facts

144 servings per container

Serving size 130gr

Amount Per Serving
Calories 130

% Daily Value*

Total Fat 0.4gr	0
Saturated Fat 0.1gr	0%
Trans Fat 0gr	0%
Cholesterol 0mg	0
Sodium 276.3mg	0
Total Carbohydrate 17.77gr	0
Dietary Fiber 4.42gr	0%
Total Sugars 0.6gr	0%
Includes 0 Added Sugars	0%

Protein 6.15gr

Vitamin D 0mcg	0%
Calcium 37.34mg	0%
Iron 1.43mg	0%
Potassium 423.3mcg	0%

* 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

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

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NUTRITION ANALYSIS

Calories	130	Total Fat	0.4 gr	Sodium	276.3 mg
Protein	6.15 gr	Trans Fats	0 gr	Calcium	37.34 mg
Total Carbohydrates	17.77 gr	Saturated Fat	0.1 gr	Iron	1.43 mg
Sugars	0.6 gr	TPolyunsaturated Fat	0.17 gr	Potassium	423.3 mcg
Dietary Fiber	4.42 gr	Monounsaturated Fat	0.04 gr	Zinc	1.04 mg
Lactose		Cholesterol	0 mg	Phosphorus	100.29 mg
Vitamin A(IU)	4.84 NIU	Vitamin D	0 mcg	Thiamin	0.26 mg
Vitamin A(RE)		Vitamin E	0.06 NIU	Niacin	0.56 mg
Vitamin C	0 mg	Folate	126.51 mcg	Riboflavin	0.05 mg
Magnesium	49.44 mg	Vitamin B-6	0	Vitamin B-12	0 mcg

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