

Furmanos

Bella Vista; 6/#10 Black Beans - Brine - Low Sodium

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Black Beans are iron-rich and gluten free. Adding appeal to any meal, any time of the day, shelf-stable Black Beans are a convenient and versatile ingredient that pack a nutritional punch. U.S. Grade B or better (USDA Standards for Canned Dried Beans, effective September 1, 1976).

Brand		Manufacturer		Product Category		
Bella Vista		Furmanos		Black Beans Dry Pack Canned		
MFG #	GTIN		Pack	Pack Desc.		
F13105	00041188131056		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	110
% Daily Value*	
Total Fat 0gr	0%
Saturated Fat 0gr	0%
Trans Fat 0gr	0%
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 20gr	7%
Dietary Fiber 5gr	18%
Total Sugars 1gr	
Includes 0 Added Sugars	0%

Protein 7gr

Vitamin D 0	0%
Calcium 42mg	4%
Iron 2mg	10%
Potassium 476mcg	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

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

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NUTRITION ANALYSIS

Calories	110	Total Fat	0 gr	Sodium	140 mg
Protein	7 gr	Trans Fats	0 gr	Calcium	42 mg
Total Carbohydrates	20 gr	Saturated Fat	0 gr	Iron	2 mg
Sugars	1 gr	TPolyunsaturated Fat	0	Potassium	476 mcg
Dietary Fiber	5 gr	Monounsaturated Fat	0	Zinc	0
Lactose		Cholesterol	0 mg	Phosphorus	0
Vitamin A(IU)	0 mcg	Vitamin D	0	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