



Furmanos
**Furmanos; 6/110Oz Pouch Low Sodium All Natural -
Chick Peas (Garbanzo Beans)**
Furmanos; 6/110OZ Pouch Low Sodium All Natural - Chick Peas (Garbanzo Beans)



All Natural - Low Sodium Extra Fancy Chick Peas, manufactured by Furmano Foods, shall conform to U.S. Grade A standards using the USDA Standards for Processed Dried Beans, effective September 1, 1976.

Brand		Manufacturer	Product Category			
Furmano		Furmanos	Garbanzo Beans / Chick Peas Dry Pack Canned			
MFG #	GTIN		Pack	Pack Desc.		
F11984	00041188119849		6	6/110 oz pouches		
Gross Weight	Net Weight	Country of Origin		Kosher	Child Nutrition	
44.00 lbs	41.25 lbs	United States of America		Yes		
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
13.25 inches	10.00 inches	11.25 inches	0.86 cu ft	14x4	1277	40.00 / 85.00 FAH

INGREDIENTS

Cooked Dried Chick Peas, Water, Salt

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

Ingredient

Nutrition Facts

144 servings per container

Serving size 130gr

Amount Per Serving
Calories 67.13

% Daily Value*

Total Fat 1.06gr	0
Saturated Fat 0.11gr	0%
Trans Fat 0gr	0%
Cholesterol 0mg	0
Sodium 140mg	6
Total Carbohydrate 15gr	5
Dietary Fiber 4gr	14%
Total Sugars 1.96gr	
Includes 0 Added Sugars	0%

Protein 5gr

Vitamin D 0mcg	0%
Calcium 21.89mg	0%
Iron 1.18mg	0%
Potassium 119.73mcg	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	67.13	Total Fat	1.06 gr	Sodium	140 mg
Protein	5 gr	Trans Fats	0 gr	Calcium	21.89 mg
Total Carbohydrates	15 gr	Saturated Fat	0.11 gr	Iron	1.18 mg
Sugars	1.96 gr	TPolyunsaturated Fat	0.47 gr	Potassium	119.73 mcg
Dietary Fiber	4 gr	Monounsaturated Fat	0.24 gr	Zinc	0.63 mg
Lactose		Cholesterol	0 mg	Phosphorus	68.77 mg
Vitamin A(IU)	11.05 NIU	Vitamin D	0 mcg	Thiamin	0.05 mg
Vitamin A(RE)		Vitamin E	0.21 NIU	Niacin	0.22 mg
Vitamin C	0.53 mg	Folate	70.41 mcg	Riboflavin	0.03 mg
Magnesium	20.24 mg	Vitamin B-6	0	Vitamin B-12	0 mcg

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