



Furmanos

## Furmanos; 6/110Oz Pouch Low Sodium All Natural Black Beans

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**UniPro**  
FOODSERVICE

All Natural - Low Sodium Black Beans in Brine, 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       |            | Black Beans Dry Pack Canned |                  |                      |
| MFG #        |              | GTIN           |            | Pack                        | Pack Desc.       |                      |
| F11987       |              | 00041188119870 |            | 6                           | 6/110 oz pouches |                      |
| Gross Weight |              | Net Weight     |            | Country of Origin           |                  | Kosher               |
| 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

Black Beans, Water, Salt, Calcium Chloride

### 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** **103.47**

% Daily Value\*

|                                |          |
|--------------------------------|----------|
| <b>Total Fat</b> 0.43gr        | <b>0</b> |
| Saturated Fat 0.11gr           | 0%       |
| <i>Trans</i> Fat 0gr           | 0%       |
| <b>Cholesterol</b> 0mg         | <b>0</b> |
| <b>Sodium</b> 140mg            | <b>6</b> |
| <b>Total Carbohydrate</b> 25gr | <b>9</b> |
| Dietary Fiber 4.7gr            | 0%       |
| Total Sugars 1gr               | 0%       |
| Includes 0 Added Sugars        | 0%       |
| <b>Protein</b> 6.55gr          |          |

|                  |     |
|------------------|-----|
| Vitamin D 0mcg   | 0%  |
| Calcium 39.47mg  | 0%  |
| Iron 2mg         | 10% |
| Potassium 586mcg | 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            | 103.47   | Total Fat            | 0.43 gr    | Sodium       | 140 mg    |
| Protein             | 6.55 gr  | Trans Fats           | 0 gr       | Calcium      | 39.47 mg  |
| Total Carbohydrates | 25 gr    | Saturated Fat        | 0.11 gr    | Iron         | 2 mg      |
| Sugars              | 1 gr     | TPolyunsaturated Fat | 0.19 gr    | Potassium    | 586 mcg   |
| Dietary Fiber       | 4.7 gr   | Monounsaturated Fat  | 0.04 gr    | Zinc         | 1.11 mg   |
| Lactose             |          | Cholesterol          | 0 mg       | Phosphorus   | 106.81 mg |
| Vitamin A(IU)       | 5.16 NIU | Vitamin D            | 0 mcg      | Thiamin      | 0.27 mg   |
| Vitamin A(RE)       |          | Vitamin E            | 0.09 NIU   | Niacin       | 0.59 mg   |
| Vitamin C           | 0 mg     | Folate               | 134.73 mcg | Riboflavin   | 0.06 mg   |
| Magnesium           | 52.58 mg | Vitamin B-6          | 0          | Vitamin B-12 | 0 mcg     |

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