



Nutritional Fact Sheet

Garbanzo Beans

Ingredients: "True Dehydrated" Garbanzo Beans

Description & Directions: Our all natural beans are dehydrated using a patented process. To prepare, add 2-3 parts water to 1 part of product. No sorting, cleaning, or soaking is necessary. Simmer until desired tenderness (approximately 15-20 minutes).

Storage & Shelf-life: Store in original container in a cool, dry location, for 24 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 grams dry	28g (app. 1/4 cup)
Energy (Calories)	382	106.96
Total Fat	6g	1.68g
Saturated Fat	0.6g	0.168g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	10mg	2.8mg
Total Carbohydrates	59g	16.52g
Dietary Fiber	13g	3.64g
Sugars	3g	0.84g
Protein	23g	6.44g
Vitamin A (IU)	0	0
Thaimin-B1	0mg	0mg
Riboflavin	0mg	0mg
Niacin	0mg	0mg
Vitamin B-6	0mg	0mg
Vitamin C	0mg	0mg
Calcium	115mg	32.2mg
Iron	6.1mg	1.708mg
Phosphorus	0mg	0mg
Potassium	0mg	0mg

Plant Location: 806 Rovit Street, Greenville, NC 27834

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