



Nutritional Fact Sheet

Garbanzo Beans

Ingredients: 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 |
|--------------------|-------------------|
| Calories | 384 kcal |
| Protein | 23 g |
| Total Carbohydrate | 64 g |
| Sugars | 11 g |
| Added Sugars | 0 g |
| Dietary Fiber | 12 g |
| Total Fat | 6.1 g |
| Saturated Fat | 0.6 g |
| Cholesterol | 0 mg |
| Vitamin D | 0 mcg |
| Calcium | 58 mg |
| Iron | 4.4 mg |
| Potassium | 730 mg |
| Sodium | 24 mg |
| Trans Fat | 0 g |