



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)	382.00	106.96
Total Fat	6.00g	1.68g
Saturated Fat	0.60g	0.17g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	10.00mg	2.80mg
Total Carbohydrates	59.00g	16.52g
Dietary Fiber	13.00g	3.64g
Sugars	3.00g	0.84g
Protein	23.00g	6.44g
Vitamin A (IU)	0.00	0.00
Thaimin-B1	0.00mg	0.00mg
Riboflavin	0.00mg	0.00mg
Niacin	0.00mg	0.00mg
Vitamin B-6	0.00mg	0.00mg
Vitamin C	0.00mg	0.00mg
Calcium	115.00mg	32.20mg
Iron	6.10mg	1.71mg
Phosphorus	0.00mg	0.00mg
Potassium	0.00mg	0.00mg

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