

BEAN BLK TFF



BLACK BEANS ARE THE PERFECT COMPLEMENT TO ANY COLORFUL MEXICAN-STYLE DISH. COOKED IN SALTED BRINE THESE BLACK BEANS HAVE A SLIGHTLY SALTY TASTE AND A GOOD TEXTURE TYPICAL OF COOKED BLACK BEANS. BLACK BEANS ARE VERSATILE; THEY CAN BE USED AS THE FINISHING

Item # **863475**

Nutrition Facts			
Serving Size :		100 GRAMS	
Serving Per Container :			
Amount Per Serving			
Calories :	350.00	Calories from Fat : 12.80	
	Per Serving	%Daily Value*	
Total Fat	1.40	2.20 %	
Saturated Fat	0.40	1.80 %	
Trans Fat	0.00 g		
Cholesterol	0.00 mg	0.00 %	
Sodium	5.00 mg	0.20 %	
Total Carbohydrate	62.40 g	20.80 %	
Dietary Fiber	15.50 g	62.00 %	
Sugars	2.10 g	0 %	
Protein	21.60 g		
	Per Srv	Per Srv	
Vitamin A	0.30 %	Vitamin C	0.00 %
Calcium	12.30 %	Iron	27.90 %
*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat. Fat	Less Than	20g	25g
Cholesterol	Less Than	300g	300g
Sodium	Less Than	2400mg	2400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g
Calories per gram			
Fat 9	Carbohydrate 4	Protein 4	

Product Specifications:

MFG Product	UPC	Units/Case	UnitSize/Measure	Serving/Case
863475	10806795028710	6.0	#10CN	

Brand	Class	PBH
WEST CREEK	GROCERY DRY	VEGETABLES CANNED/DRY

Gross Wt	Net Wt	Origin	Kosher	Child Nutrition
46.55	41.63		N	N

Shipping Information:

LenXWidthXHt	TiHi	ShelfLife	TempZone	Wt Flag
12.6X18.9X7.0	707	730	DRY	N

Allergens:

Contains	May contain
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Handling Suggestions:

STOVE TOP: ADD CONTENTS TO SAUCEPAN AND GENTLY SIMMER UNTIL HOT. MICROWAVE: EMPTY CONTENTS INTO A MICROWAVE SAFE DISH AND COVER LOOSELY. HEAT ON HIGH POWER FOR 5 MINUTES OR UNTIL HOT. STIR AND SERVE.

Benefits:

NATURALLY SATURATED FAT FREE FOOD, NATURALLY CHOLESTEROL FREE FOOD, EXCELLENT SOURCE OF FIBER

School Equivalents

Serving Size
Meat/Meat Alternatives
Fruit/Vegetables
Grain/Bread
Milk
Child Nutrition*
*Key: USDA=Item has USDA CN label
BG=Item is in the USDA Buyers Guide for Child Nutrition Program
PFS=Manufacturer has provided a Product Formulation Statement

Additional Information:

Ingredients:

BEANS,BLACK,MATURE SEEDS,RAW



Information concerning nutritional values and product ingredients, including major food allergens, is obtained solely from the vendor or manufacturer of the specific product, without any edits or filters by PERFORMANCENet or PFG. In most cases, the vendor or manufacturer submits nutritional values to PFG as rounded values and not actual values; therefore, laboratory test results for nutritional content of multi-ingredient menu items may be different from the calculated values using the data provided. PFG does not perform any independent evaluation, review, or screening of the vendor's or manufacturer's compliance with federal, state, or local labeling requirements, or other claims. PERFORMANCENet and PFG provide this information solely as a courtesy, and make no representation concerning its accuracy. Always read the product label before use. PERFORMANCENet and PFG do not warrant or guarantee the information provided by the third party information content providers and expressly disclaim any liability arising therefrom.