



FOODSERVICE

Low Sodium - All Natural Fcy Chick Peas (Garbanzo Beans)



Ingredients

COOKED DRIED CHICK PEAS, WATER, AND SALT.

Product Details

Label UPC : 0-41188-04738-8

Case UPC : 0-00-41188-11619-0

Serving Size (ounces) : 1/2 cup

Serving Size (grams) : 120 g

Servings Per Container : 26

Unit : #10

Nutrition Facts

Serving Size 1/2 cup (120 g)

Servings Per Container About 26

Amount Per Serving		Calories from Fat 20	
		% Daily Value*	
Calories 110			
Total Fat 2g			3%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 140mg			6%
Total Carbohydrate 18g			6%
Dietary Fiber 8g			32%
Sugars 3g			
Protein 6g			
Vitamin A 0%		Vitamin C 0%	
Calcium 6%		Iron 4%	
*Percent Daily Values are based on a 2,000 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	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9		Carbohydrate 4	Protein 4