

# K-12 Garbanzo Beans

<b>Servings:</b>	55.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Garbanzo Beans GFS#118753

## Nutrition Information

<b>Calories</b>	880.00	<b>Protein</b>	48.00g
<b>Fat</b>	16.00g	<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	144.00g	<b>Fiber</b>	40.00g
<b>Sugar</b>	24.00g	<b>Sodium</b>	2400.00mg
<b>Iron</b>	5.76mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	480.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>220 Ounce</b>	118753	BEAN GARBANZO 6-10 GFS	220 oz = 2-#10 Cans (110oz per can)  Wipe top of can off with a clean rag. Open can with can opener.  Drain and rinse bean in a colander.

## Preparation Instructions

1 Serving = 1/2 Cup (4 oz) of garbanzo beans