

K-12 Garbanzo Beans

Servings:	28.00
Serving Size:	4.00 Ounce
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Garbanzo Beans GFS#118753

Nutrition Information

Calories	110.00	Protein	6.00g
Fat	2.00g	SaturatedFat	0.50g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	18.00g	Fiber	5.00g
Sugar	3.00g	Sodium	300.00mg
Iron	0.72mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	60.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
14 Cup	118753	BEAN GARBANZO 6-10 GFS	

Preparation Instructions

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