



**USDA Foods Fact Sheet for Schools & Child Nutrition Institutions**

(last updated, 05-01-13)

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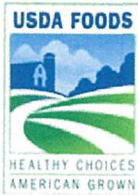
**100360 – BEANS, CANNED, GARBANZO, LOW-SODIUM, #10**

**Nutrition Information**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates or Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A canned dry garbanzo beans (chickpeas), cooked and packed in salt water.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 105 oz garbanzo beans and liquid.</li> <li>One #10 can AP yields 68.4 oz (about 10<math>\frac{2}{3}</math> cups) drained, unheated beans and provides about 42 <math>\frac{1}{4}</math>-cup servings drained beans OR about 21 <math>\frac{1}{2}</math>-cup servings drained, unheated beans.</li> <li>CN Crediting: <math>\frac{1}{4}</math> cup drained garbanzo beans provides 1 oz-equivalent meat/meat alternate OR <math>\frac{1}{4}</math> cup drained garbanzo beans provides <math>\frac{1}{4}</math> cup vegetable BUT NOT both components at the same meal.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned pink beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned garbanzo beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

Chickpeas (garbanzo), mature seeds, drained

	$\frac{1}{4}$ cup (60 g)	$\frac{1}{2}$ cup (120 g)
Calories	83	167
Protein	4.23 g	8.46 g
Carbohydrate	13.52 g	27.04 g
Dietary Fiber	0 g	0 g
Sugars	0 g	0 g
Total Fat	1.66 g	3.32 g
Saturated Fat	0.07 g	.257 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.64 mg	1.28 mg
Calcium	27 mg	54 mg
Sodium	70 mg	140 mg
Magnesium	16 mg	31 mg
Potassium	76 mg	151 mg
Vitamin A	14 IU	29 IU
Vitamin A	1 RAE	1 RAE
Vitamin C	.1 mg	.1 mg
Vitamin E	0 mg	0 mg



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<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <li>• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>• Use a clean and sanitized can opener.</li> <li>• Serve "as is" from the can or add to soups or recipes.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Serve garbanzo beans as a salad topping. Garbanzo beans can also be incorporated into soups and casseroles.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• NEVER USE foods from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> <li>• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: <a href="http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf">http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf</a>.</li> </ul>

Nutrient values in this nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.



### Nutrition Facts

Serving Size 2 Tbsp Olives (16g)  
Servings per Container about 97

#### Amount per Serving

**Calories** 30      Calories from Fat 25

% Daily Value\*

**Total Fat** 2.5g      **4%**

Saturated Fat 0.5g      **3%**

*Trans* Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 1.5g

**Cholesterol** 0mg      **0%**

**Sodium** 140mg      **6%**

**Total Carbohydrate** 1g      **0%**

**Protein** 0g

Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, calcium and iron.

\* Percent Daily Values are based on a 2,000 calorie diet.

Olives are a Cholesterol Free Food

**Ingredients:** Olives, Water, Salt, Ferrous Gluconate (added to stabilize color).

**PRODUCT OF SPAIN**

C.I.F. B-41024076

**DISTRIBUTED BY:**

Greco & Sons Inc.

1550 Hecht Road

Bartlett, IL 60103

#### ATTENTION

Due to mechanical pitting an occasional pit fragment may remain in the fruit.

**REFRIGERATE AFTER OPENING**



**IVES**

**1.56 Kg**

**SLICED BLACK OLIVES**

**DR. WT. 55 OZ. (3 LBS. 7 OZ.)**





search




## product

Ken's Steak House Fat Free Italian Salad Dressing (16 fl oz)

**found in** Condiments / Dressings > Dressings/Salad Toppers

**brand** Ken's

**manufactured by** Ken's Foods, Inc.







**allergens** a red allergen icon with an  indicates that the manufacturer asserts that this product is free from this allergen



**ingredients (23)** Water, Vinegar Distilled, **Corn Syrup High Fructose**, Salt, Sugar, Contains less than 22% of, Garlic Dried, Onions Dried, Peppers Bell Red Dried, Xanthan Gum, **Flavors Natural**, Lemons Juice, Spices, Paprika, Vegetables Oil (Soybeans Oil, Canola Oil), **Sodium Benzoate**, and, **Calcium Disodium EDTA**, As Preservatives, Caramel, Turmeric

**ingredients color key** • controversial • avoid • non-controversial

members, please sign in to view which ingredients are on your personalized "avoid" list.

- things to know**
-  Low in calories per serving
  -  Low in cholesterol per serving
  -  This product contains multiple controversial ingredients
  -  Low in Saturated Fat per serving
  -  High in sodium per serving
  -  Contains added sugar(s)

**warnings** Soybeans Oil is exempt from being labeled as a soy allergen according to U.S. labeling laws. There are only slight traces of the soy protein present to trigger a reaction, however people who are allergic to soy should

### healthier options



Galeos Worlds Best Miso Caesar Dressing(13 oz)



Simcha Classic Balsamic Marinade Dressing(12 oz)



Fischer & Wieser Sweet Corn & Shallots Dressing(12 oz)



Vidalia Summer Tomato Basil Dressing(12 oz)



President's Choice Blue Menu Fat Free Mango Vinaigrette Salad Dressing(8.45 fl oz.)



Bartenura The First Kosher Balsamic Glaze(7.3 oz)

use caution and check with their allergist before consuming this product.

## nutrition facts

Serving Size: 2 Tbsp  
Servings Per Container: 16

amount per serving:

**calories: 20** calories from fat: 0  
total calories per container: 320 total calories from fat: 0

	% daily value* (DV)	recommended (DV)
total fat 0g	0%	65g
<b>saturated fat: 0g</b>	0%	20g
trans fat 0g		
<b>cholesterol: 0mg</b>	0%	300mg
<b>sodium: 370mg</b>	15%	2,400mg
potassium 0mg	0%	3,500mg
total carbohydrate 5g	2%	300g
dietary fiber: 0g	0%	25g
<b>sugars: 4g</b>		
protein 0g		

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

0 points

Weight Watchers Winning Points® Value\* = 0  
Weight Watchers PointsPlus® Value\* = 1

\*Weight Watchers® and Points® are registered trademarks of Weight Watchers International, Inc. The number of Points provided here were calculated by Food Facts, Inc. based on published Weight Watchers International, Inc. information and do not imply sponsorship or endorsement of such number of Points, Food Facts, Inc., or the above product by Weight Watchers International, Inc.



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