

USDA Foods Product Information Sheet

For Child Nutrition Programs



100360—Beans, Garbanzo, Low-sodium, Canned

Category: Legume Vegetable/Meat Alternate



PRODUCT DESCRIPTION

This item is Grade A canned, dried garbanzo beans. These are packed in a low-sodium brine which contains 36-140 mg sodium per 1/2 cup serving. This item is available in cases with six #10 cans.

CREDITING/YIELD

- One case of garbanzo beans provides about 136 1/2-cup servings of heated, drained beans or 126 1/2-cup servings of unheated, drained beans.
- CN Crediting: 1/2 cup garbanzo beans credits as 1/2 cup legume vegetable OR 2 oz equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Use garbanzo beans as a protein source in pasta dishes, soups, cold vegetable salads or tuna salad.
- Garbanzo beans can also be made into hummus which can be served as a tasty dip for vegetables and whole wheat pita bread or as a sandwich spread.
- Drain and rinse canned beans before adding to recipes to reduce the sodium.
- For more culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or USDA's [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/2 cup (120 g) garbanzo beans, canned, low-sodium

Amount Per Serving

Calories 106

Total Fat 2g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 140mg

Total Carbohydrate 16g

Dietary Fiber 5g

Sugars 3g

Protein 6g

Source: [USDA National Nutrient Database](#)

Allergen Information: Specification requires no allergens or allergen advisory labels. Please refer to allergen statement on the outside of the product package to confirm. For more information, please contact the product manufacturer directly.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

July 2017