



GARBANZO BEANS

HIGH FIBER
See Side Panel For Information About Fiber Content



Serving Suggestion

NET WT 15 OZ (425g)

Nutrition Facts

Serving Size ½ cup (130g)

Servings Per Container about 3.5

Amount Per Serving

Calories 110 Calories from Fat 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 360mg **15%**

Total Carbohydrate 20g **6%**

Dietary Fiber 6g **24%**

Sugars 1g

Protein 6g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 8%

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

INGREDIENTS: PREPARED GARBANZO BEANS, WATER, SALT, DISODIUM EDTA (TO PROMOTE COLOR).

DISTRIBUTED BY:

MRS. GRIMES, DIVISION OF FARIBAULT FOODS, INC.
1819 2ND AVE NW, FARIBAULT, MN 55021-3035
www.faribaultfoods.com

Discover the delicious possibilities of Mrs. Grimes® beans! Use our beans in soups, stews, salads and dips or make a tasty sauce to pour over chicken and meat. Follow our serving suggestions or be creative with your own ideas. For an easy accompaniment to any meal, simply season with your favorite herbs, spices and condiments or try one of the delicious recipes on every Mrs. Grimes product! Mrs. Grimes

We are very interested in any comments from our customers. If you would like additional suggestions or have product information questions, send the code on the can end to Mrs. Grimes Consumer Affairs Department.

Directions: Heat; season to taste; serve.

For Microwave: Empty contents into microwaveable dish; cover and heat 2-3 minutes.

Serving Suggestions:

For three bean salad, combine kidney, garbanzo and green beans. Serve cold with chopped onion, oil and vinegar for a hearty salad.

MRS. GRIMES PROOF OF PURCHASE
15 OZ. GARBANZO BEANS

