



GFS Vegetarian Beans, in Tomato Sauce, #10, 10 Can Sz Can, 6/Case



Item Number: 298913

This blend features navy beans simmered in seasoned, slightly smokey tomato sauce, making it ideal for use in creating meatless side dishes or bases for additional signature dishes.

6/Case

\$23.83
\$0.03/oz

QTY

Nutrition

Based On: AP Bean (Navy), Vegtar, GFS

Rounding: On

Ingredients

BEANS, WATER, SUGAR, TOMATO PASTE, CORN SYRUP, SALT, PAPRIKA, SPICE, CARAMEL COLORING, NATURAL FLAVORINGS, GARLIC POWDER. COMMON ALLERGENS PRESENT: None. Nutrition and Ingredient statement updated April 2014. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

Nutrition Facts

Serving Size 0.5 cup (130g)	
Amount Per Serving	
Calories 130	Calories From Fat 3.5
% Daily Value *	
Fat 0g	1%
Saturated Fat0g	n/a
Trans Fat0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 470mg	20%
Potassium	n/a
Carbohydrates 26g	9%
Fiber6g	25%
Sugar6g	
Protein 7g	14%
Vitamin A IU 0% Vitamin C 0% Calcium 6% Iron 10%	
* Based on a 2000 calories diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0 mg

Updated For New Final Rule:

Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	62.4 mg
Iron	2.08 mg
Manganese	n/a
Iodine	n/a

Additional Images