



# Product Data Sheet

July 2020

## Raw, Dry, Garbanzo Beans USA Grown Organic



**Directions:** Sort and rinse the beans to be used. Reclose the Ziplok and Store in cool, dry place. Soak the beans in excess water, preferably overnight. Cook the soaked beans, covered, in 2-3X water with any seasoning you like included, for about 90 min or till the beans are tender to your liking. A touch of baking soda added will help a lot with cooking time, pressure cooking with 4X water will also be fast. Add water as needed while the beans are cooking so there is always plenty of free water. Use these cooked, rinsed beans in any recipe of your choice, or try the following:

**Home made Hummus:** In a food processor / blender, combine 2 cups of cooked chickpeas, 2 Tbsp Tahini (Sesame Paste), ½ cup oil (a blend 50/50 of extra virgin olive oil and salad oil, or more olive oil if you like), six or more garlic cloves, 2 Tbsp fresh lemon juice, salt and cayenne to your taste. Process to your desired grainyness. Reday to be served or refrigerated.

| <b>Nutrition Facts</b>                    | Amount/Serving                                                             | % DV *                | Amount/Serving        | % DV *                 |
|-------------------------------------------|----------------------------------------------------------------------------|-----------------------|-----------------------|------------------------|
|                                           | 32 servings per container                                                  | <b>Total Fat</b> 1.5g | <b>2%</b>             | <b>Total Carb.</b> 17g |
| <b>Serv. Size</b><br><b>1 oz (28g)</b>    | Sat. Fat 0g                                                                | <b>0%</b>             | Fiber 5g              | <b>17%</b>             |
| <b>Calories 100</b><br><b>per serving</b> | <i>Trans</i> Fat 0g                                                        |                       | Total Sugars 3g       |                        |
|                                           | <b>Cholest.</b> 0mg                                                        | <b>0%</b>             | Incl. 0g Added Sugars | <b>0%</b>              |
|                                           | <b>Sodium</b> 5mg                                                          | <b>0%</b>             | <b>Protein</b> 5g     |                        |
|                                           | Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 1.7mg 10%<br>Potassium 250mg 6% |                       |                       |                        |

**Ingredients:** Organic Garbanzo Beans



**Grown and Packed  
in the USA**

