



USDA Foods in Schools

100360 - Beans, Garbanzo, Low-sodium, Canned
Category: **Legume Vegetable/Meat Alternate**



Product Description

- This item is Grade A canned, dried garbanzo beans that are low-sodium. This item is available in cases with six #10 cans.

Crediting/Yield

- One case of garbanzo beans provides about 137 1/2-cup servings of heated, drained beans.
- CN Crediting: 1/2 cup garbanzo beans credits as 1/2 cup legume vegetable OR 2 oz equivalents 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 and served as a tasty dip for vegetables, whole wheat pita bread, or used as a sandwich spread.
- Drain and rinse canned beans before adding to recipes to reduce the sodium.
- For 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](#).

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

Serving size: 1/2 cup (130g) garbanzo beans, canned, low sodium

Amount Per Serving

Calories 130

Total Fat 2g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 140mg

Total Carbohydrate 21g

Dietary Fiber 4g

Sugars 4g

Protein 5g

Source: USDA Foods Vendor Labels

Allergen Information: Product is not permitted to contain any of the 8 major allergens designated by the FDA. Please refer to the allergen statement on the outside of the product package to verify that no allergens are listed.

Nutrient values in this section are from the USDA FoodData Central 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.