

Organic Cannellini Beans (R1030)

Description: Cannellini beans were originally cultivated in Argentina. The shape resembles that of a kidney bean.

Physical Properties

Appearance	Creamy White.
Size	Approximately 1/2 inch.

Organoleptic Properties

Flavor	Typical of beans.
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Chemical Properties

Moisture	Maximum: 18 %	Method: Halogen Thermogravimetric Analysis
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Microbiological Properties

Standard Plate Count	Maximum: 500,000 cfu/g	Method: FDA BAM or AOAC equivalent
Coliform	Maximum: 250 cfu/g	Method: FDA BAM or AOAC equivalent
Yeast	Maximum: 1,000 cfu/g	Method: FDA BAM or AOAC equivalent
Mold	Maximum: 1,000 cfu/g	Method: FDA BAM or AOAC equivalent
E. Coli	<10 cfu/g or <3 MPN/g	Method: FDA BAM or AOAC equivalent
Salmonella	NEG/25g	Method: FDA BAM or AOAC equivalent

Packaging, Labeling, Storage

Packaging	Pillow bag, bag in box, or to customer specification
Receiving Conditions	Product should be shipped and handled in a sanitary manner.
Storage Conditions	Store in a dry, cool place.
Shelf Life	36 months (under optimum storage conditions).

Defect Tolerance

Total defects	Maximum: 2.0 %	Method: by weight
Total damaged	Maximum: 2.0 %	Method: by weight
Stones	Maximum: 0.2 %	Method: by weight

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Other

Gluten Status	This product (and if applicable its ingredients) by nature does not contain the gluten proteins found in wheat, rye or barley. This product has not been tested to verify gluten levels less than 20 ppm.
Natural Status	This product is a 100% pure, natural substance. It does not contain any artificial, synthetic or natural identical additives.
BE Status	This product does not contain bioengineered ingredients.
Vegan Status	This product does not contain any animal derived products including meat, milk, seafood, eggs, honey or bone char.
Halal Status	This product does not contain alcohol, natural L-cysteine extracted from hair or feathers, animal fats and/or extracts, bloods of any origin, blood plasma, pork and/or other meat by-products & alcohol is not used as a processing aid.
SDS Waiver	To the best of our knowledge this product is non-hazardous and not subject to the requirements of 29 CFR 1910.1200. Although this product does not require specific hazard precautions, users should take care to minimize personnel exposure and workplace contamination.

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"Q #1: Does the item above contain any of the following allergens or their derivatives?"		"Q #2: Is the item above produced on equipment that comes in contact with any of the following allergens?"		"Q #3: Is the item above produced in a facility that uses or processes these allergens?"		ALLERGENS
YES	NO	YES	NO	YES	NO	
	X	X		X		MILK
	X	X		X		EGGS
	X	X		X		SOYBEANS
	X	X		X		WHEAT
	X		X		X	PEANUTS
	X	X		X		TREE NUTS
	X		X		X	FISH
	X		X		X	CRUSTACEAN SHELLFISH
	X	X		X		SESAME
	X	X		X		MUSTARD
	X	X		X		ADDED SULFITES

Equipment is cleaned and sanitized between production runs to prevent allergens from contaminating non-allergenic products.

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Ingredient Statement

Organic cannellini beans.

Product Certifications

Certified Kosher Parve

Certified Organic by Baystate Organic Certifiers.

Proximate Analysis

Protein	23.58	g
Carbohydrate	60.01	g
Moisture	11.75	g
Ash	3.83	g
Fat	0.83	g

Nutritional Analysis

Serving Size	100.00	g
Calories	333.00	
Total Fat	0.83	g
Saturated Fat	0.12	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	24.00	mg
Total Carbohydrates	60.01	g
Dietary Fiber	24.90	g
Sugars	2.23	g
Protein	23.58	g
Vitamin A	0.00	IU
Vitamin C	4.50	mg
Calcium	143.00	mg
Iron	8.20	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	1,406.00	mg



STORE IN A DRY, COOL PLACE.

Nutrition Facts

servings per container	
Serving size about 1/4 cup (35g)	
Amount per serving	
Calories	120
	% Daily Value*
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 10 mg	0%
Total Carbohydrate 21 g	8%
Dietary Fiber 9 g	32%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
Protein 8 g	
Vitamin D 0.0 mcg	0%
Calcium 50.1 mg	4%
Iron 2.9 mg	15%
Potassium 492.1 mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

ORGANIC CANNELLINI BEANS

Organic Cannellini Beans are white kidney beans with a mild, nutty flavor and smooth, tender texture. They are extremely popular in Italian cuisine. Also known as "Italian white kidney beans" or "fasolia beans," they resemble kidney beans in size and shape, but are creamy off-white in color.

- Approximately 1/2 inch long
- Hold their shape very well after cooking, making them a great addition to soups, salads and side dishes
- Certified organic to the specifications of the USDA National Organic Program

BASIC PREP

Carefully sort beans and rinse thoroughly. Soak beans overnight. Rinse and place in a large pot and cover with fresh water. Bring to a boil for 10 minutes, reduce heat and simmer, covered, for 1 to 1-1/2 hours until tender.

SUGGESTED USES

- Wonderful in soups such as pasta e fagioli and minestrone, hearty stews, cold salads, rice dishes and chili
- Make a creamy hummus or blend into bean dips and purees
- Delicious stewed with garlic, olive oil and rosemary

RECIPE

Warm Cannellini Bean Salad with Tomatoes and Goat Cheese

2 cups Organic Cannellini Beans, soaked, cooked and drained
 6 Roma tomatoes, cut into quarters
 2 cloves garlic, minced
 3 ounces extra virgin olive oil
 1 ounce balsamic vinegar
 Juice of 1/2 lemon
 Salt
 Ground black pepper
 1/2 bunch scallions, very thinly sliced
 1/3 ounce opal basil, leaves and sprigs, plus 18 more leaves, cut into very fine shreds
 6 (1/2-inch thick) goat cheese medallions

Place warm beans, tomatoes, garlic, lemon juice, vinegar and olive oil in a bowl. Stir together gently. Add salt and black pepper to taste. Add scallions and basil and toss. Arrange goat cheese on individual plates with bean salad, and garnish with shredded basil.

Makes 6 servings

INGREDIENTS

Organic Cannellini Beans.



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THIS PRODUCT ORIGINATES FROM CHINA