

GIGANTE BEANS

R3200

Description: Large kidney shaped white beans.

Physical Properties

Appearance	White to off-white kidney shaped beans.	Method: Visual observation
Size	Approximately 3/4" - 1" in length.	
Extraneous material	Maximum: 0.5 %	Method: Per 100g sample

Organoleptic Properties

Flavor	Typical of dried beans.	Method: Organoleptic analysis
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Microbiological Properties

Mold	Ideal: No visible mold 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/375g	Method: FDA BAM or AOAC equivalent

Packaging, Labeling, Storage

Packaging	Poly bag in box, food grade paper bag, 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).

Other

Gluten Status	This product is a certified gluten free product.
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 genetically engineered 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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ALLERGEN STATEMENT

"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

Beans

Product Certifications

Certified Kosher Parve

Proximate Analysis

Protein	23.36	g
Carbohydrate	60.27	g
Moisture	11.32	g
Ash	4.20	g
Fat	0.85	g

Nutritional Analysis

Serving Size	100.00	g
Calories	333.00	
Total Fat	0.85	g
Saturated Fat	0.22	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	16.00	mg
Total Carbohydrates	60.27	g
Dietary Fiber	15.20	g
Sugars	2.11	g
Protein	23.36	g
Vitamin A	0.00	IU
Vitamin C	0.00	mg
Calcium	240.00	mg
Iron	10.44	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	1,795.00	mg



GIGANTE BEANS

NON
GMO

GLUTEN
FREE

STORE IN A DRY, COOL PLACE.

Gigante Beans are extra-large white runner beans, common in Greek cuisine. They have a sweet, mild taste, meaty texture, and hold their shape well through cooking. They contain high levels of protein, essential minerals and fiber and are low in fat.

- White to off-white
- 3/4 to 1 inch long
- Kidney shaped

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 5 mg	0%
Total Carbohydrate 21 g	8%
Dietary Fiber 5 g	18%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
Protein 8 g	
Vitamin D 0.0 mcg	0%
Calcium 84.0 mg	6%
Iron 3.7 mg	20%
Potassium 628.3 mg	15%

* 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.

BASIC PREP

Sort beans and rinse thoroughly. Soak overnight in water to cover. Rinse and drain. Transfer to large pot and cover with fresh water by 4 inches. Bring water to a boil for 3 minutes, then reduce heat and simmer, covered, for 60 to 90 minutes, until tender.

SUGGESTED USES

- For the traditional Greek dish "gigandes plaki," bake in garlicky tomato sauce and serve with feta cheese and crusty bread
- Excellent in marinated salads, as they hold their shape and absorb surrounding flavors well
- Add to soups for a hearty nutritional element
- Pair with poultry, seafood and hearty greens, like kale

RECIPE

Gigantes Plaki

2 cups Gigante Beans
3 bay leaves
Salt
3 tablespoons olive oil
1 large onion, chopped
1 carrot, peeled and chopped
2 ribs celery, chopped
4 cloves garlic, minced
1/4 teaspoon red pepper flakes (optional)
1 (28-ounce) can diced tomatoes, undrained
1 teaspoon paprika
1 teaspoon dried oregano
Ground black pepper
1/3 cup chopped fresh parsley
1/4 cup chopped fresh dill
Crumbled feta cheese

Carefully sort beans and rinse thoroughly. Soak beans in pot covered by at least 3 inches water for 8 to 12 hours. Drain beans well and add fresh water to cover beans by 3 inches. Add bay leaves. Bring to simmer and cook beans, uncovered, until almost tender, about 1-1/2 hours. Season with salt in the final stages of cooking. Remove bay leaves and drain, reserving about 1 cup of cooking liquid.

Preheat oven to 350°F.

Heat oil in a skillet and add onion, carrot and celery. Cook until tender, about 12 minutes. Add garlic and red pepper flakes (if using) and cook until fragrant, about 1 minute.

Add tomatoes and their canning liquid, paprika and oregano, and simmer until thickened, about 20 minutes. Season sauce with salt and pepper to taste.

Mix in parsley, dill and cooked Gigante Beans, along with 1 cup of the reserved bean cooking liquid. Pour into a 9-inch by 13-inch baking dish and bake for about 1 hour, checking occasionally and adding a little more hot water, if necessary, until beans are tender and top is browned and slightly crisp.

Serve immediately, garnished with crumbled feta cheese.

Makes 4 servings

INGREDIENTS

Beans

COUNTRY OF ORIGIN DECLARATION FOR
GIGANTE BEANS
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THIS PRODUCT ORIGINATES FROM CHINA