

ORGANIC CRANBERRY BEANS R1300

Description: Cranberry beans (PHASEOLUS VULGARIS) are related to the kidney bean. They may be interchanged in recipes wherever Borlotti or Saluggia beans are required. Like their Mexican & Italian cousins (pinto and kidney), they will turn pink when cooked.

Physical Properties

Appearance	Typical reddish brown colored with darker stripe like markings.	
Size	Approximately 1/2" inch.	
Extraneous material	Maximum: 0.5 %	Method: Per 100g sample.

Organoleptic Properties

Flavor	Typical sweet of beans, sweet.
--------	--------------------------------

Chemical Properties

Moisture	Maximum: 15 %	Method: Halogen Thermogravimetric Analysis
----------	---------------	--

Microbiological Properties

Standard Plate Count	Maximum: 500,000 cfu/g	Method: FDA BAM or AOAC equivalent
Coliform	Maximum: 500 cfu/g	Method: FDA BAM or AOAC equivalent
Yeast	Maximum: 1000 cfu/g	Method: FDA BAM or AOAC equivalent
Mold	Maximum: 1000 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	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).

Defect Tolerance

Total defects	Maximum: 4.0 %	Method: by weight
Total damaged	Maximum: 2.0 %	Method: by weight
Stones	Maximum: 0.2 %	Method: by weight



ORGANIC CRANBERRY BEANS R1300

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.

ORGANIC CRANBERRY BEANS

R1300

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.



ORGANIC CRANBERRY BEANS

R1300

Ingredient Statement

Organic Cranberry Beans.

Product Certifications

Certified Kosher Parve

Certified Organic by Baystate Organic Certifiers

Proximate Analysis

Protein	23.03	g
Carbohydrate	60.05	g
Moisture	12.38	g
Ash	3.31	g
Fat	1.23	g

Nutritional Analysis

Serving Size	100.00	g
Calories	335.00	
Total Fat	1.23	g
Saturated Fat	0.32	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	6.00	mg
Total Carbohydrates	60.05	g
Dietary Fiber	24.70	g
Sugars	0.00	g
Protein	23.03	g
Vitamin A	2.00	IU
Vitamin C	0.00	mg
Calcium	127.00	mg
Iron	5.00	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	1,332.00	mg



STORE IN A DRY, COOL PLACE.

ORGANIC CRANBERRY BEANS

The Organic Cranberry Bean is a striking, red-streaked member of the legume family, offering nutrient density, mild flavor and creamy texture while providing high levels of protein, essential minerals and fiber. Its is also referred to as the "borlotti bean."

- Approximately 1/2" in length
- Reddish brown
- Certified organic to the specifications of the USDA National Organic Program

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 0 mg	0%
Total Carbohydrate 21 g	8%
Dietary Fiber 9 g	32%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 8 g	
Vitamin D 0.0 mcg	0%
Calcium 44.5 mg	4%
Iron 1.8 mg	10%
Potassium 466.2 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.

INGREDIENTS

Organic Cranberry Beans.

BASIC PREP

Carefully sort beans and rinse thoroughly. Soak overnight. Rinse and place in a large pot and cover with fresh water. Bring water to a boil for 3 minutes, then reduce heat and simmer, covered, for 60 to 90 minutes or until tender. This bean produces foam when boiling, so skim the water regularly.

SUGGESTED USES

- Most often found in pasta dishes or soups
- Use in rice dishes, casseroles, stews and bean salads

RECIPE

CRANBERRY BEANS WITH ROSEMARY AND MUSHROOMS

- 1-1/2 CUP DRY CRANBERRY BEANS
- 6 CUPS WATER OR STOCK
- 1/3 Cup OLIVE OIL
- 2 LARGE PORTOBELLA MUSHROOM
- 3 SPRIGS FRESH ROSEMARY
- 4 CLOVES GARLIC, COARSELY CHOPPED
- 6 LARGE Shallots
- 1 HOT CHILE
- 1 CUP WHITE WINE
- 2 CUPS CANNED TOMATOES WITH LIQUID

GENTLY SIMMER THE BEANS IN THE WATER OR STOCK. BE CAREFUL NOT TO BOIL TOO RAPIDLY AS THE SHELLS CAN BREAK. AFTER 40 MINUTES, OR WHEN THE BEANS ARE TENDER, REMOVE FROM HEAT. IN A LARGE SKILLET SAUTÉ THE MUSHROOMS AND HALF OF THE ROSEMARY IN OLIVE OIL. AFTER 3 MINUTES ADD THE GARLIC, SHALLOTS AND CHILE. STIR AND COOK FOR 15 MINUTES. RAISE THE HEAT ADD THE WINE, STIRRING WHILE IT EVAPORATES; BEFORE ALL THE WINE BOILS AWAY ADD THE TOMATOES AND THEIR RESERVE LIQUID. LOWER THE HEAT, COVER AND SIMMER FOR 10 MINUTES. DRAIN THE BEANS AND ADD TO THE MUSHROOM TOMATO MIXTURE. STIR ONCE OR TWICE AND ADD THE REST OF THE ROSEMARY. SALT AND PEPPER TO TASTE.

SERVES 6-8.



OliveNation LLC

13 Robbie Road, Suite A4, Avon, MA 02322

www.OliveNation.com / 617-580-3667

ORGANIC CRANBERRY BEANS

R1300

COUNTRY OF ORIGIN DECLARATION

THIS PRODUCT ORIGINATES FROM UNITED STATES