

Nutrition Facts/ Datos De Nutricion

Serving Size/Tamaño por Porción 1/2 cup/1/2 taza (120g)
Servings Per Container About/Porciones por Envase Aprox. 25

Amount Per Serving/Cantidad por Porción		Calories from Fat/Calorías de Grasa 15	
Calories/Calorías 100		% Daily Value/% Valor Diario**	
Total Fat/Grasa Total 1.5g			2%
Saturated Fat/Grasa Saturada 0g			0%
Trans Fat/Acidos Grasos Trans 0g			
Cholesterol/Colesterol 0mg			0%
Sodium/Sodio 140mg			6%
Total Carbohydrate/Total de Carbohidratos 17g			6%
Dietary Fiber/Fibra Dietética 5g			18%
Sugars/Azúcares 0g			
Protein/Proteína 6g			
Vitamin A/Vitamina A 0%	•	Vitamin C/Vitamina C 2%	
Calcium/Calcio 3%	•	Iron/Hierro 8%	

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Los porcentajes de Valores Diarios están basados en una dieta de 2,000 calorías. Sus valores diarios pueden ser más o menos dependiendo de sus necesidades calorías.

	Calories/Calorías:	2,000	2,500
Total Fat/Grasa Total	Less than/Menos de	65g	80g
Saturated Fat/Grasa Saturada	Less than/Menos de	20g	25g
Cholesterol/Colesterol	Less than/Menos de	300mg	300mg
Sodium/Sodio	Less than/Menos de	2,400mg	2,400mg
Total Carbohydrate/Carbohidrato Total		300g	375g
Dietary Fiber/Fibra Dietética		25g	30g

Calories per gram/Calorías por gramo:
Fat/Grasa 9 • Carbohydrate/Carbohidrato 4 • Protein/Proteína 4

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TEASDALE QUALITY FOODS, INC.
ATWATER, CA 95301

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Gluten Free - Sin gluten



Teasdale®

GARBANZO BEANS

INGREDIENTS:

PREPARED GARBANZO BEANS, WATER, SALT, DISODIUM EDTA
ADDED TO PROMOTE COLOR RETENTION

INGREDIENTES:

GARBANZOS PREPARADOS, AGUA, SAL, SE AGREGÓ DISODIO
EDTA PARA PROMOVER LA RETENCIÓN DE COLOR

MEXICAN STYLE GARBANZO BEANS

- 1 can (108 oz.) Teasdale Garbanzo Beans
- 1 lb. bulk sausage or other ground meat
- 1 bell pepper, cored seeded and cut into 1/2 inch pieces
- 1 onion, diced
- 2-3 medium Serrano peppers or 1 large Jalapeno pepper, diced
- 2 cans (14.5 oz.) chicken or beef broth
- 1 can (29 oz.) crushed or diced tomatoes
- 1/4 cup chopped fresh cilantro, loosely packed
- 1 1/2 tsp Garlic, minced dehydrated
- 1/4 tsp Oregano
- 1/4 tsp Thyme
- 2 green onions, chopped

Brown ground meat, drain and set aside. Combine all other ingredients except garbanzo beans and green onions in a 6 quart stock pot. Bring mixture to a boil and let simmer for 10-15 minutes or until onions just begin to turn clear. Drain garbanzo beans and add to mixture. Bring mixture to a boil and let simmer for 10-15 minutes, stirring occasionally to prevent scorching. Serve topped with green onions.



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