

BLACK CALYPSO BEANS FBO

Description: A round, medium size bean that is part white and part black.

Physical Properties

Appearance	Half Black half white.
Size	1/4" to 1/2 in length.

Organoleptic Properties

Flavor	Typical of beans, sweet.
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Microbiological Properties

Standard Plate Count	Maximum: 250,000 cfu/g	Method: FDA BAM or AOAC equivalent
Coliform	Maximum: 250 cfu/g	Method: FDA BAM or AOAC equivalent
Yeast	Maximum: 2500 cfu/g	Method: FDA BAM or AOAC equivalent
Mold	Maximum: 2500 cfu/g	Method: FDA BAM or AOAC equivalent

Packaging, Labeling, Storage

Packaging	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 (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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FBO
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.



OliveNation LLC

13 Robbie Road, Suite A4, Avon, MA 02322

www.OliveNation.com / 617-580-3667

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Ingredient Statement

Calypso Beans.

Product Certifications

Certified Kosher Parve

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



NON
GMO

GLUTEN
FREE

STORE IN A DRY, COOL PLACE.

BLACK CALYPSO BEANS

The Black Calypso Bean is a bi-colored member of the legume family, offering nutrient density, mild flavor and a creamy texture that performs well on its own or as a component among other ingredients.

- 1/4 to 1/2 inch in length
- Half black, half white with contrasting speckles
- Mild, earthy flavor, often compared to potatoes

Nutrition Facts

servings per container	
Serving size 1/4 c dry (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.

BASIC PREP

Rinse thoroughly and soak overnight. Rinse and place in a large pot, covered with fresh water. Bring water to a boil for 3 minutes, reduce heat and simmer, covered, for 60-90 minutes, until tender. This bean produces foam when boiling, so skim the water regularly.

SUGGESTED USES

- Delicious addition to pasta salads, soups, casseroles and stews
- Combine with cooked rice to make a wonderful stuffing for vegetables
- Substitute for kidney, pinto or cannellini beans

RECIPE

Calypso Beans and Pineapple Rice

- 1-1/2 cups dried Black Calypso Beans
- 2 tablespoons olive oil
- 1 onion, chopped
- 1 stalk celery, chopped
- 1 jalapeño, stemmed, seeded and chopped
- 1-1/4 teaspoons salt
- 6 cloves garlic, minced
- 2 red bell peppers, stemmed, seeded and chopped
- 1 teaspoon ground black pepper
- 3/4 teaspoon ground cumin
- 3 bay leaves
- 2-1/4 cups Domestic White Basmati Rice
- 5-1/4 cups chicken stock
- 3 cups pineapple, chopped
- 1/2 cup fresh cilantro, chopped

Place beans in a large bowl, and cover with water. Soak overnight.

Place beans in a large pot and add fresh water to cover beans by two inches. Bring to a boil over high heat, then reduce heat to medium and simmer for 1 to 1-1/2 hours, or until tender. Remove pot from heat and let cool.

Drain beans and set aside.

In a large skillet, heat oil over medium and cook onions, celery, jalapeño, salt, garlic, red bell peppers, black pepper, cumin and bay leaves until fragrant.

Add rice and stir to combine.

Add chicken stock to skillet. Bring to a boil, cover and reduce heat to low. Simmer until rice is tender, about 20 minutes.

Add beans and pineapple, stir well, and cook until heated through.

Serve garnished with cilantro.

Makes 6 servings

Black Calypso Beans have a mild, creamy texture, with an almost potato-like flavor. Here they are served with fragrant basmati rice and sweet hunks of pineapple, making for a filling and flavorful weeknight meal.

INGREDIENTS

Calypso Beans.



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COUNTRY OF ORIGIN DECLARATION

THIS PRODUCT ORIGINATES FROM UNITED STATES