

Organic Black Turtle Beans (R1010)

Description: Black beans (*phaseolus vulgaris*) are related to the kidney bean. They are small, kidney shaped with a slight rectangular look. Black beans hold their shape when cooked and absorb flavors well.

Physical Properties

Appearance	Black
Size	Approximately 1/4" - 3/8" in length, slightly rectangular.

Organoleptic Properties

Flavor	Clean Aroma
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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: <1000 cfu/g	Method: FDA BAM or AOAC equivalent
Yeast	Maximum: 5000 cfu/g	Method: FDA BAM or AOAC equivalent
Mold	Maximum: 5000 cfu/g	Method: FDA BAM or AOAC equivalent
E. Coli	<3 MPN/g	Method: FDA BAM or AOAC equivalent
Salmonella	NEG/25g	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	Minimum 12 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.
GMO 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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"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 Black Turtle Beans.

Product Certifications

Certified Kosher Parve

Certified Organic

Proximate Analysis

Protein	21.25	g
Carbohydrate	63.25	g
Moisture	11.00	g
Ash	3.60	g
Fat	0.90	g

Nutritional Analysis

Serving Size	100.00	g
Calories	339.00	
Total Fat	0.90	g
Saturated Fat	0.23	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	9.00	mg
Total Carbohydrates	63.25	g
Dietary Fiber	15.50	g
Sugars	2.12	g
Protein	21.25	g
Vitamin A	17.00	IU
Vitamin C	0.00	mg
Calcium	160.00	mg
Iron	8.70	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	1,500.00	mg

ORGANIC BLACK BEANS



Nutrition Facts	
Serving Size 1/4 Cup (35g)	
Amount Per Serving	
Calories	120
Cals. From Fat	0
% 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	22 g 8%
Dietary Fiber	5 g 18%
Sugars	1 g
Protein	7 g
Vitamin A	0%
Vitamin C	0%
Calcium	4%
Iron	15%
**Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	CALORIES 2000 2500
Total Fat	Less than 65g 80g
Sat. Fat	Less than 20g 25g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories Per Gram:	
Fat 9 * Carbohydrate 4 * Protein 4	

Points Of Interest

Our Organic Black Beans are a small, dark variety of bean, especially prominent in Latin American cuisine.

- Approximately 3/8 inch long and slightly kidney shaped
- Satiny black skin and white center
- When cooked, Organic Black Beans have a dense, meaty texture with an earthy, slightly sweet flavor
- An easy-to-use high-fiber, high-protein, low-fat ingredient
- Certified organic to the specifications of the USDA National Organic Program

Suggested Uses

- Works well in soups, especially Cuban Black Bean soup
- Good in frijoles negros, refried beans and chili
- Cooked in a savory broth, black beans can stand alone with a dish of rice

Basic Preparation

Carefully sort beans and rinse thoroughly. Soak overnight. Rinse and place in a large pot. Cover with fresh water. Bring to a boil and cook 3 minutes. Reduce heat and simmer, covered, for 60 minutes or until tender. Salt to your preference.

Recipe

Spicy Chipotle Black Bean Burgers

- 28 ounces cooked Organic Black Beans, drained and divided
- 1/3 cup plain bread crumbs
- 1/4 cup Minced Onion
- 3 tablespoons mayonnaise
- 1 Chipotle Morita in Adobo (from a can of chipotles in adobo), chopped
- 1 teaspoon Adobo Sauce
- 2 teaspoons Ground Cumin Seeds
- 1 teaspoon Mediterranean Oregano crumbled
- 1/2 teaspoon Fine Sea Salt
- 1/4 teaspoon Ground Black Peppercorns
- 3 tablespoons vegetable oil
- 4 hamburger buns
- Desired toppings

Place about half of Organic Black Beans, bread crumbs, onion, mayonnaise, chipotle pepper, adobo sauce, cumin, oregano salt and black pepper in a food processor. Pulse until a coarse puree forms. Place the remaining beans in a bowl, and mash lightly with a fork, leaving large chunks of bean visible. Add to puree, and mix well. Form mixture into 4 patties. Heat oil in a large skillet over medium-high heat. When oil is hot, add patties, and cook until crisp and lightly browned, about 2-3 minutes per side. Transfer to buns, and top as desired.

Makes 4 servings

A good meatless burger can and should still be packed with flavor and nutrition, as this spicy black bean patty proves. It's delicious topped with melted Chihuahua or Monterey Jack cheese, avocado and salsa.

Source of Nutritional Information

USDA Nutrient Database for Standard Reference, Release 13 Nutrient Data Laboratory Home Page.

Ingredients

Organic Black Turtle Beans.

Handling And Storage

Store in a dry, cool place.



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THIS PRODUCT ORIGINATES FROM CHINA