



Nutritional Fact Sheet

Black Beans

Ingredients: "True Dehydrated" Black Beans

Description & Directions: Our all natural beans are dehydrated using a patented process. To prepare, add 2-3 parts water to 1 part of product. No sorting, cleaning, or soaking is necessary. Simmer until desired tenderness (approximately 15-20 minutes).

Storage & Shelf-life: Store in original container in a cool, dry location, for 24 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 grams dry	28g (app. 1/4 cup)
Energy (Calories)	360	100.8
Total Fat	2.5g	0.7g
Saturated Fat	0.1g	0.028g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	15mg	4.2mg
Total Carbohydrates	64g	17.92g
Dietary Fiber	31g	8.68g
Sugars	3g	0.84g
Protein	21g	5.88g
Vitamin A (IU)	0	0
Thaimin-B1	0mg	0mg
Riboflavin	0mg	0mg
Niacin	0mg	0mg
Vitamin B-6	0mg	0mg
Vitamin C	0mg	0mg
Calcium	115mg	32.2mg
Iron	5.4mg	1.512mg
Phosphorus	0mg	0mg
Potassium	0mg	0mg

Plant Location: 806 Rovit Street, Greenville, NC 27834

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