



# Nutritional Fact Sheet

## Dark Kidney Beans

**Ingredients:** "True Dehydrated" Dark Kidney 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.

<b>Nutrient</b>	<b>Per 100 grams dry</b>	<b>28g (app. 1/4 cup)</b>
Energy (Calories)	340	95.2
Total Fat	1g	0.28g
Saturated Fat	0.1g	0.028g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	12mg	3.36mg
Total Carbohydrates	61g	17.08g
Dietary Fiber	19g	5.32g
Sugars	3g	0.84g
Protein	23g	6.44g
Vitamin A (IU)	8	2.24
Thaimin-B1	0mg	0mg
Riboflavin	0mg	0mg
Niacin	0mg	0mg
Vitamin B-6	0mg	0mg
Vitamin C	5mg	1.4mg
Calcium	83mg	23.24mg
Iron	6.6mg	1.848mg
Phosphorus	0mg	0mg
Potassium	0mg	0mg

Plant Location: 806 Rivit Street, Greenville, NC 27834

Mailing Address: PO Box 439, Winterville, NC 28590

Service Dept. (252) 353-2008 / Ordering (800) 696-1395 / Fax (252) 353-2009

[www.harmonyhousefoods.com](http://www.harmonyhousefoods.com)