



Nutritional Fact Sheet Great Northern Beans

Ingredients: "True Dehydrated" Great Northern 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)	339	94.92
Total Fat	1.1g	0.308g
Saturated Fat	0.1g	0.028g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	14mg	3.92mg
Total Carbohydrates	62g	17.36g
Dietary Fiber	20g	5.6g
Sugars	2.2g	0.616g
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	170mg	47.6mg
Iron	5.4mg	1.512mg
Phosphorus	0mg	0mg
Potassium	0mg	0mg

Plant Location: 806 Rovit Street, Greenville, NC 27834

Mailing Address: PO Box 439, Winterville, NC 28590

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