



# Nutritional Fact Sheet

## Navy Beans

**Ingredients:** "True Dehydrated" Navy 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)	370	103.6
Total Fat	3g	0.84g
Saturated Fat	0.1g	0.028g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	4mg	1.12mg
Total Carbohydrates	62g	17.36g
Dietary Fiber	29g	8.12g
Sugars	4g	1.12g
Protein	23g	6.44g
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	140mg	39.2mg
Iron	6.3mg	1.764mg
Phosphorus	0mg	0mg
Potassium	0mg	0mg

Plant Location: 806 Rivit Street, Greenville, NC 27834

Mailing Address: PO Box 439, Winterville, NC 28590

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