



# Nutritional Fact Sheet

## Pinto Beans

**Ingredients:** "True Dehydrated" Pinto 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)	360	100.8
Total Fat	2.4g	0.672g
Saturated Fat	0.1g	0.028g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	10mg	2.8mg
Total Carbohydrates	63g	17.64g
Dietary Fiber	22g	6.16g
Sugars	0g	0g
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	120mg	33.6mg
Iron	5.3mg	1.484mg
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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