



Nutritional Fact Sheet

Red Beans

Ingredients: "True Dehydrated" Red 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	25mg	7mg
Total Carbohydrates	61g	17.08g
Dietary Fiber	20g	5.6g
Sugars	3g	0.84g
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	105mg	29.4mg
Iron	6.3mg	1.764mg
Phosphorus	0mg	0mg
Potassium	0mg	0mg

Plant Location: 806 Rovit Street, Greenville, NC 27834

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