



Nutritional Fact Sheet

Navy Beans

Ingredients: 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.

| Nutrient | Per 100 Grams Dry |
|--------------------|-------------------|
| Calories | 359 kcal |
| Protein | 24 g |
| Total Carbohydrate | 65 g |
| Sugars | 4.1 g |
| Added Sugars | 0 g |
| Dietary Fiber | 16 g |
| Total Fat | 1.6 g |
| Saturated Fat | 0.2 g |
| Cholesterol | 0 mg |
| Vitamin D | 0 mcg |
| Calcium | 157 mg |
| Iron | 5.9 mg |
| Potassium | 1262 mg |
| Sodium | 5.3 mg |
| Trans Fat | 0 g |