



Nutritional Fact Sheet

Pinto Bean Flakes

Ingredients: Pinto Beans, Salt

Description & Directions: Our all natural bean flakes 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 3-5 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	350 kcal
Protein	22 g
Total Carbohydrate	65 g
Sugars	2.2 g
Added Sugars	0 g
Dietary Fiber	16 g
Total Fat	1.3 g
Saturated Fat	0.2 g
Cholesterol	0 mg
Vitamin D	0 mcg
Calcium	117 mg
Iron	5.2 mg
Potassium	1439 mg
Sodium	842 mg
Trans Fat	0 g