



## Nutritional Fact Sheet

Pinto Beans

**Ingredients:** 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.

Nutrient	Per 100 Grams Dry
Calories	358 kcal
Protein	23 g
Total Carbohydrate	66 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	119 mg
Iron	5.4 mg
Potassium	1471 mg
Sodium	13 mg
Trans Fat	0 g