



Nutritional Fact Sheet

Black Beans

Ingredients: "True Dehydrated" Black 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)	360.00	100.80
Total Fat	2.50g	0.70g
Saturated Fat	0.10g	0.03g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	15.00mg	4.20mg
Total Carbohydrates	64.00g	17.92g
Dietary Fiber	31.00g	8.68g
Sugars	3.00g	0.84g
Protein	21.00g	5.88g
Vitamin A (IU)	0.00	0.00
Thaimin-B1	0.00mg	0.00mg
Riboflavin	0.00mg	0.00mg
Niacin	0.00mg	0.00mg
Vitamin B-6	0.00mg	0.00mg
Vitamin C	0.00mg	0.00mg
Calcium	115.00mg	32.20mg
Iron	5.40mg	1.51mg
Phosphorus	0.00mg	0.00mg
Potassium	0.00mg	0.00mg

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