



Nutritional Fact Sheet

Dark Kidney Beans

Ingredients: "True Dehydrated" Dark Kidney 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)	340.00	95.20
Total Fat	1.00g	0.28g
Saturated Fat	0.10g	0.03g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	12.00mg	3.36mg
Total Carbohydrates	61.00g	17.08g
Dietary Fiber	19.00g	5.32g
Sugars	3.00g	0.84g
Protein	23.00g	6.44g
Vitamin A (IU)	8.00	2.24
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	5.00mg	1.40mg
Calcium	83.00mg	23.24mg
Iron	6.60mg	1.85mg
Phosphorus	0.00mg	0.00mg
Potassium	0.00mg	0.00mg

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