



Nutritional Fact Sheet

Great Northern Beans

Ingredients: "True Dehydrated" Great Northern 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)	339.00	94.92
Total Fat	1.10g	0.31g
Saturated Fat	0.10g	0.03g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	14.00mg	3.92mg
Total Carbohydrates	62.00g	17.36g
Dietary Fiber	20.00g	5.60g
Sugars	2.20g	0.62g
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	170.00mg	47.60mg
Iron	5.40mg	1.51mg
Phosphorus	0.00mg	0.00mg
Potassium	0.00mg	0.00mg

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