



Nutritional Fact Sheet

Navy Beans

Ingredients: "True Dehydrated" Navy 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)	370.00	103.60
Total Fat	3.00g	0.84g
Saturated Fat	0.10g	0.03g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	4.00mg	1.12mg
Total Carbohydrates	62.00g	17.36g
Dietary Fiber	29.00g	8.12g
Sugars	4.00g	1.12g
Protein	23.00g	6.44g
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	140.00mg	39.20mg
Iron	6.30mg	1.76mg
Phosphorus	0.00mg	0.00mg
Potassium	0.00mg	0.00mg

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