



# Nutritional Fact Sheet

## Pinto Beans

**Ingredients:** "True Dehydrated" 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.

<b>Nutrient</b>	<b>Per 100 grams dry</b>	<b>28g (app. 1/4 cup)</b>
Energy (Calories)	360.00	100.80
Total Fat	2.40g	0.67g
Saturated Fat	0.10g	0.03g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	10.00mg	2.80mg
Total Carbohydrates	63.00g	17.64g
Dietary Fiber	22.00g	6.16g
Sugars	0.00g	0.00g
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	120.00mg	33.60mg
Iron	5.30mg	1.48mg
Phosphorus	0.00mg	0.00mg
Potassium	0.00mg	0.00mg

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