



Nutritional Fact Sheet

Red Beans

Ingredients: "True Dehydrated" Red 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	25.00mg	7.00mg
Total Carbohydrates	61.00g	17.08g
Dietary Fiber	20.00g	5.60g
Sugars	3.00g	0.84g
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	105.00mg	29.40mg
Iron	6.30mg	1.76mg
Phosphorus	0.00mg	0.00mg
Potassium	0.00mg	0.00mg

Physical Address: 181 Industrial Park Road * Franklin, NC 28734

Phone: (800) 696-1395 / Fax (800) 696-7874

www.GoHHF.com