



COOPERATIVE ELEVATOR CO.

"In Unity There Is Strength"

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BRANCHES AT: AKRON • BAD AXE • ELKTON • FAIRGROVE • GAGETOWN • NORTH BRANCH • RUTH • SEBEWAING

ISO 9001:2008 REGISTERED BRANCHES: Bean Dep't. - Pigeon • Colored Bean Plant - Pigeon • Navy Bean Plant - Elkton

Nutrition Facts

Serving Size 1/4 C dry (49 g) or 3/4 C cooked (129 g)
Servings Per Container 18.5

Amount Per Serving

Calories 170 Calories from Fat 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 30g **10%**

Dietary Fiber 9g **36%**

Sugars 1g

Protein 11g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Black Beans
2 lb.

INGREDIENTS: black beans