

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 Dept. - Pigeon • Colored Bean Plant - Pigeon • Navy Bean Plant - Elkton



Nutrition Facts

Serving Size 1/4 cup dry (48g) or 3/4 cup cooked (126g)
 Servings Per Container 19

Amount Per Serving
Calories 140
 Calories from Fat 0

Total Fat 0g 0%
 Saturated Fat 0g 0%
 Trans Fat 0g 0%

Cholesterol 0mg 0%
 Sodium 5mg 0%

Total Carbohydrate 27g 9%
 Dietary Fiber 10g 40%

Sugars 2g
 Protein 9g

Vitamin A 0%
 Vitamin C 4%

Calcium 4%
 Iron 10%

*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

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

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS:
 Red beans

Red Beans
 2 lb

Red Beans, English, 2lb