



# 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 C dry (48 g) or 3/4 C cooked (126 g)  
Servings Per Container 18.5

Amount Per Serving

**Calories 170** Calories from Fat 10

% Daily Value\*

**Total Fat 1g** **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol 0mg** **0%**

**Sodium 0mg** **0%**

**Total Carbohydrate 31g** **10%**

Dietary Fiber 12g **48%**

Sugars 1g

**Protein 11g**

Vitamin A 0% • Vitamin C 0%

Calcium 8% • 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

Navy Beans  
2 lb

INGREDIENTS: navy  
beans.