



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 and HACCP CERTIFIED BRANCHES:

Bean Department – Pigeon • Colored Bean Plant – Pigeon • Navy Bean Plant – Elkton

Nutritional Value for Pinto Beans

Serving Size ¼ cup (Dry) 36g

Calories 60

Calories from Fat 0

Amount/Serving	%Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 22g	7%
Dietary Fiber 14g	56%
Sugars 1g	

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat 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

Protein 7g

Vitamin A 0%

Vitamin C 0%

Calcium 4%

Iron 15%