

Nutrition Facts

About 9 servings per 1 lb. container
About 15 servings per 1.7 lb. container
About 35 servings per 4 lb. container
About 174 servings per 20 lb. container
About 218 servings per 25 lb. container
About 436 servings per 50 lb. container
About 17,446 servings per 2000 lb. tote

Serving Size $\frac{1}{4}$ cup dry (52g)

Amount per serving

Calories **150**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 31g **11%**

Dietary Fiber 7g **25%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 12g

Vitamin D 0mcg **0%**

Calcium 75mg **6%**

Iron 2.8mg **15%**

Potassium 610mg **15%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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RH Navy Beans

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