

Nutrition Facts

About 201 servings per 20 lb. container

About 483 servings per 50 lb. container

About 20160 servings per 2000 lb. tote

Serving Size 1/4c dry (45g)

Amount per serving

Calories 150

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 28g 10%

Dietary Fiber 11g 39%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 9g

Vitamin D 0mcg 0%

Calcium 78mg 6%

Iron 3mg 15%

Potassium 690mg 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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Small White Beans

Supersedes: 10/26/2022