



## Nutrition Facts

Servings per Container13

Serving size1/4cup(51g)

Amount per serving

Calories170

|                        | % Daily Value* |
|------------------------|----------------|
| Total Fat 0.5g         | 1%             |
| Saturated Fat 0g       | 0%             |
| Trans Fat 0g           |                |
| Cholesterol 0mg        | 0%             |
| Sodium 0mg             | 0%             |
| Total Carbohydrate 30g | 11%            |
| Dietary Fiber 17g      | 61%            |
| Total Sugars 1g        |                |
| Includes Added Sugar   | %              |
| Protein 11g            |                |
| Vitamin D              | %              |
| Calcium                | 6%             |
| Iron                   | 20%            |
| Potassium 700mg        | 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.

\* Benefits

Ingredients

Cannellini Beans

⚠ Allergens

May Contain:

-  milk
-  sesame
-  soy
-  tree nuts
-  wheat

Free From:

-  crustaceans
-  eggs
-  fish
-  peanuts

Handling Suggestions

 Product Specifications

Serving Suggestions

Prep & Cooking Suggestions

| Brand                |       | Manufacturer                     |                | Product Category  |            |                      |
|----------------------|-------|----------------------------------|----------------|-------------------|------------|----------------------|
| BOB'S RED MILL       |       | BOB'S RED MILL NATURAL FOODS INC |                | Cereal            |            |                      |
| MFG #                |       | SPC #                            | GTIN           | Pack              | Pack Desc. |                      |
| P101532              |       | 003131                           | 00039978114464 | 4                 | 4 / / ea   |                      |
| Gross Weight         |       | Net Weight                       | Catch Weight   | Country of Origin | Kosher     | Child Nutrition      |
| 24.8oz               |       | 24oz                             | No             | USA               |            | No                   |
| Shipping Information |       |                                  |                |                   |            |                      |
| Length               | Width | Height                           | Volume         | TlxHl             | Shelf Life | Storage Temp From/To |
| 2in                  | 7in   | 9in                              | 0.24FT3        | 38x8              | 730DAYS    | 32°F / 71°F          |



Nutrition Analysis - By Serving

|                        |     |                     |      |                |       |
|------------------------|-----|---------------------|------|----------------|-------|
| Calories               | 170 | Total Fat           | 0.5g | Sodium         | 0mg   |
| Protein                | 11  | Trans Fats          | 0g   | Calcium        |       |
| Total Carbohydrates... | 30g | Saturated Fat       | 0g   | Iron           |       |
| Sugars                 | 1g  | Added Sugars        |      | Potassium      | 700mg |
| Dietary Fiber          | 17g | Polyunsaturated Fat |      | Zinc           |       |
| Lactose                |     | Monounsaturated Fat |      | Phosphorus     |       |
| Sucrose                |     | Cholesterol         | 0mg  |                |       |
| Vitamin A(IU)•         |     | Vitamin D           |      | Thiamin        |       |
| Vitamin A(RE)          |     | Vitamin E           |      | Niacin         |       |
| Vitamin C              |     | Folate              |      | Riboflavin     |       |
| Magnesium              |     | Vitamin B-6         |      | Vitamin B-1 2• |       |
| Monosodium             |     | Sulphites           |      | Nitrates       |       |

 Additional Images



| Nutrition Facts                                                                                                                                               |                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| About 13 servings per container                                                                                                                               |                |
| Serving size 1/4 cup (53g)                                                                                                                                    |                |
| Amount per serving                                                                                                                                            | % Daily Value* |
| <b>Calories 180</b>                                                                                                                                           |                |
| Total Fat 0.5g                                                                                                                                                | 1%             |
| Saturated Fat 0g                                                                                                                                              | 0%             |
| Trans Fat 0g                                                                                                                                                  |                |
| Cholesterol 0mg                                                                                                                                               | 0%             |
| Sodium 5mg                                                                                                                                                    | 0%             |
| Total Carbohydrate 31g                                                                                                                                        | 11%            |
| Dietary Fiber 12g                                                                                                                                             | 43%            |
| Total Sugars 1g                                                                                                                                               |                |
| Includes 0g Added Sugars                                                                                                                                      | 0%             |
| Protein 12g                                                                                                                                                   |                |
| Vitamin D 0mcg                                                                                                                                                | 0%             |
| Calcium 42mg                                                                                                                                                  | 4%             |
| Iron 31mg                                                                                                                                                     | 15%            |
| Potassium 906mg                                                                                                                                               | 20%            |
| *The % Daily Value 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. |                |
| INGREDIENT: Cannellini Beans.                                                                                                                                 |                |

