

Trinidad Benham Corporation

Triple Clean Pinto Beans



Solfresco 25# Triple Clean Pinto Beans

Fat Free, High in Fiber, Good Source of Protein, Cholesterol Free, Low Sodium, Good Source of Iron

Brand		Manufacturer			Product Category		
Solfresco		Trinidad Benham Corporation			Pinto Beans Dried		
MFG #		GTIN			Pack	Pack Desc.	
191542112		00071187132037			0	1/25 lbs	
Gross Weight		Net Weight		Country of Origin		Kosher	Child Nutrition
25.10 lbs		25.00 lbs		United States of America			
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To	
22.50 inches	11.50 inches	3.50 inches	0.52 cu ft	8x6	365 days	40.00 / 90.00 FAH	

INGREDIENTS

Pinto Beans

HANDLING

Store in a dry place.

SERVING

Great as a side dish

PREP & COOKING

Quick Soak: Rinse and sort beans in a large pot. To 1 lb. of beans (2 cups) add 8 cups hot water. Bring to rapid boil, boil for 2 minutes. Remove from heat. Cover and let stand 1 hour. Drain soak water and rinse beans. Overnight Soak: Rinse and sort beans in a large pot. To 1 lb. of beans (2 cups) add 8 cups cold water. Let stand overnight or at least 6 to 8 hours. Drain soak water and rinse beans. Cooking Directions: Add 6-8 cups of hot water to drained and rinsed beans. Simmer gently with lid tilted until desired tenderness is reached, about 1-1/2 to 2 hours.

Nutrition Facts

315 servings per container
Serving size 36gr

Amount Per Serving
Calories 60

% Daily Value*	
Total Fat	0gr 0%
Saturated Fat	0 0%
Trans Fat	0gr
Cholesterol	0mg 0%
Sodium	23mg 1%
Total Carbohydrate	21 %
Dietary Fiber	14gr 0%
Total Sugars	1gr
Includes 0 Added Sugars	%

Protein	7gr
Vitamin D	0 0%
Calcium	40mg 4%
Iron	2.7mg 15%
Potassium	0 0%

* 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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

ALLERGENS

Free From
Milk, Eggs, Fish, Crustacean, Molluscs, Tree Nuts, Peanuts, Nuts, Sesame, Wheat, Soy, Mustard, Sulphites

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NUTRITION ANALYSIS

Calories	60	Total Fat	0 gr	Sodium	23 mg
Protein	7 gr	Trans Fats	0 gr	Calcium	40 mg
Total Carbohydrates	21	Saturated Fat	0	Iron	2.7 mg
Sugars	1 gr	TPolyunsaturated Fat	0	Potassium	0
Dietary Fiber	14 gr	Monounsaturated Fat	0	Zinc	0
Lactose		Cholesterol	0 mg	Phosphorus	0
Vitamin A(IU)	0 mcg	Vitamin D	0	Thiamin	0
Vitamin A(RE)		Vitamin E	0	Niacin	0
Vitamin C	0 mg	Folate	0	Riboflavin	0
Magnesium	0	Vitamin B-6	0	Vitamin B-12	0