



# NUTRITION INFORMATION

*Good Food for a Good Life™*  
*Buena Comida Para Una Buena Vida™*

PRODUCT VARIETY	PRODUCT CODE	PACK SIZE	NET WT.	GROSS WT.	CASE CUBE	CASE/PALLET	SERVIN G SIZE	TOTAL CAL (kcal)	CAL FROM FAT	TOTAL FAT (g)	SAT FAT	TRANS FAT (g)	CHOL. (mg)	SODIUM (mg)	POTASSIUM (mg)	TOTAL CARB	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)	VIT A (IU) %	VIT C (%)	CALC. (%)	IRON. (%)
<b>BEANS</b>																							
BLACK BEANS	BKB1050100	1/50 Lb	50	50.34	0.972	50	1/4 cup	170	5	0	0	0	0	0	719.25	32	12	1	11	0%	0%	8%	25%
BLACK BEANS DOUBLE CLEAN	BKB1050200	1/50 Lb	50	50.34	0.972	50	1/4 cup	170	5	0	0	0	0	0	719.25	32	12	1	11	0%	0%	8%	25%
BLACK BEANS TRIPLE CLEAN	BKB1050300	1/50 Lb	50	50.34	0.972	50	1/4 cup	170	5	0	0	0	0	0	719.25	32	12	1	11	0%	0%	8%	25%
BLACK BEANS PREWASHED	BKB1050400	1/50 Lb	50	50.34	0.972	50	1/4 cup	170	5	0	0	0	0	0	719.25	32	12	1	11	0%	0%	8%	25%
DARK RED KIDNEY BEANS	DRK1050100	1/50 Lb	50	50.34	0.972	50	1/4 cup	170	5	0.5	0	0	0	5	625.25	31	8	1	11	0%	4%	4%	20%
GARBANZO BEANS	GAR1050100	1/50 Lb	50	50.34	0.972	50	1/4 cup	180	25	3	0	0	0	10	437.5	30	9	5	10	0%	4%	6%	15%
GARBANZO BEANS TRIPLE CLEAN	GAR1050300	1/50 Lb	50	50.34	0.972	50	1/4 cup	180	25	3	0	0	0	10	437.5	30	9	5	10	0%	4%	6%	15%
GREAT NORTHERN BEANS	GRN1050100	1/50 Lb	50	50.34	0.972	50	1/4 cup	150	5	0.5	0	0	0	5	634.5	28	9	1	10	0%	4%	8%	15%
GREAT NORTHERN BEANS TRIPLE CLEAN	GRN1050300	1/50 Lb	50	50.34	0.972	50	1/4 cup	150	5	0.5	0	0	0	5	634.5	28	9	1	10	0%	4%	8%	15%
LIGHT RED KIDNEY BEANS	LRK1050100	1/50 Lb	50	50.34	0.972	50	1/4 cup	150	5	0	0	0	0	5	625.5	28	7	1	10	0%	4%	4%	15%
LIGHT RED KIDNEY BEANS TRIPLE CELAN	LRK1050300	1/50 Lb	50	50.34	0.972	50	1/4 cup	150	5	0	0	0	0	5	625.5	28	7	1	10	0%	4%	4%	15%
NAVY BEANS	NAV1050100	1/50 Lb	50	50.34	0.972	50	1/4 cup	150	5	0.5	0	0	0	0	616.25	27	11	2	10	0%	0%	6%	15%
NAVY BEANS TRIPLE CLEAN	NAV1050300	1/50 Lb	50	50.34	0.972	50	1/4 cup	150	5	0.5	0	0	0	0	616.25	27	11	2	10	0%	0%	6%	15%
PINTO BEANS US#1	P111050100	1/50 Lb	50	50.34	0.972	50	1/4 cup	150	0	0	0	0	0	5	672	28	7	1	9	0%	4%	4%	10%
PINTO BEANS DOUBLE CLEAN	P111050200	1/50 Lb	50	50.34	0.972	50	1/4 cup	150	0	0	0	0	0	5	672	28	7	1	9	0%	4%	4%	10%
PINTO BEANS TRIPLE CLEAN	P111050300	1/50 Lb	50	50.34	0.972	50	1/4 cup	150	0	0	0	0	0	5	672	28	7	1	9	0%	4%	4%	10%
PINTO BEANS PREWASHED	P111050400	1/50 Lb	50	50.34	0.972	50	1/4 cup	150	0	0	0	0	0	5	672	28	7	1	9	0%	4%	4%	10%
PINTO BEANS SPLITS TRIPLE CLEAN	P1S1050300	1/50 Lb	50	50.34	0.972	50	1/4 cup	150	0	0	0	0	0	5	672	28	7	1	9	0%	4%	4%	10%
SMALL WHITE BEANS	SMW1050100	1/50 Lb	50	50.34	0.972	50	1/4 cup	150	5	0.5	0	0	0	5	828.25	28	11	0	9	0%	0%	8%	20%
<b>BARLEY</b>																							
PEARL BARLEY	BAR1050100	1/50 Lb	50	50.34	0.972	50	1/4 cup	180	5	0.5	0	0	0	0	140	39	8	0	5	0%	0%	2%	6%
<b>LENTILS</b>																							
LENTILS	LEN1050100	1/50 Lb	50	50.34	0.972	50	1/4 cup	180	5	0.5	0	0	0	0	458.5	30	15	1	13	0%	4%	2%	20%
RED LENTILS	REN1050100	1/50 Lb	50	50.34	0.972	50	1/4 cup	170	0	0	0	0	0	0	170	28	3	3	13	0%	0%	2%	8%
<b>PEAS</b>																							
BLACK EYE PEAS	BEP1050100	1/50 Lb	50	50.34	0.972	50	1/4 cup	160	5	0.5	0	0	0	10	464.25	28	5	3	11	0%	2%	6%	20%
GREEN SPLIT PEAS	SGSP1050100	1/50 Lb	50	50.34	0.972	50	1/4 cup	170	5	0.5	0	0	0	10	483.25	30	13	4	12	2%	2%	2%	10%
GREEN WHOLE PEAS	GWP1050100	1/50 Lb	50	50.34	0.972	50	1/4 cup	170	5	0.5	0	0	0	10	88.5	30	13	4	12	2%	2%	2%	10%
YELLOW SPLIT PEAS	YSP1050100	1/50 Lb	50	50.34	0.972	50	1/4 cup	180	10	1	0	0	0	0	483.25	32	16	1	11	0%	2%	2%	6%
YELLOW WHOLE PEAS	YWP1050100	1/50 Lb	50	50.34	0.972	50	1/4 cup	180	10	1	0	0	0	0	88.5	32	16	1	11	0%	2%	2%	6%
<b>RICE</b>																							
LONG GRAIN BROWN RICE	RB41050100	1/50 Lb	50	50.34	0.972	50	1/4 cup	170	10	1.5	0	0	0	0	100	35	2	0	4	0%	0%	2%	4%
PARBOILED BROWN RICE	RBP1050100	1/50 Lb	50	50.34	0.972	50	1/2 cup	200	10	1	0	0	0	10	103.25	40	1	0	5	0%	0%	2%	4%
MEDIUM GRAIN BROWN RICE	RMB1050100	1/50 Lb	50	50.34	0.972	50	1/4 cup	180	10	1.5	0	0	0	0	127.25	38	2	0	4	0%	0%	2%	6%
SHORT GRAIN BROWN RICE	RPB1050100	1/50 Lb	50	50.34	0.972	50	1/4 cup	150	10	1.5	0	0	0	0	112.25	35	3	1	3	0%	0%	0%	2%