

# 6401354 - White Northern Dry Beans

Fat Free, High In Fiber, Good Source Of Protein, Cholesterol Free, Low Sodium  
**Boil - 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 Cup...



## MARKETING

Fat Free, High In Fiber, Good Source Of Protein, Cholesterol Free, Low Sodium  
**Store In A Dry Place.** Quick Soak or Overnight Soak Simmer to desired tenderness

## Nutrition Facts

325 Servings per container

**Serving Size** 35.0 GR

**Amount Per Serving**  
**Calories** 80

	% Daily Value*
<b>Total Fat</b> 0.5 g	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 10 mg	<b>0%</b>
<b>Total Carbohydrates</b> 21 g	<b>8%</b>
Dietary Fiber 12 g	<b>41%</b>
Total Sugars 1 g	
Includes 0 g Added Sugars	<b>0%</b>

<b>Protein</b> 7 g	
Vitamin D 0 mcg	0%
Calcium 20 mg	2%
Iron 1.8 mg	10%
Potassium 383 mg	8%

\* The % Daily Values (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.

## PRODUCT SPECIFICATIONS

Code	GTIN	Pack Description				
168494	00070620025127	1/25 LB				
Brand	Brand Owner	GPC Description				
Jack Rabbit	Dot Foods	Vegetables - Prepared/Processed (Shelf Stable)				
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
25.3 LBR	25 LBR	No	United States	Yes	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
24 INH	11.5 INH	4 INH	0.64 FTQ	10x10	309 Days	60 FAH / 77 FAH
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
N/A	N/A	N/A	N/A			

## HANDLING SUGGESTIONS

dry-----

## ALLERGENS

**C** = 'Contains'; **MC** = 'May Contain'; **N** = 'Free From'; **UN** = 'Undeclared'; **NI** = 'Intentionally nor Inherently Included'; **50** = 'Derived from Ingredients'; **60** = 'Not Derived From Ingredients'; **NI** = 'No Info'

- Milk - N
- Eggs - N
- Soybean - N
- Wheat - N
- Sesame - N
- Molluscs - N
- Peanuts - N
- Tree - N
- Fish - N
- Shellfish - N
- Crustaceans - N

## INGREDIENTS

great northern beans

Jack Rabbit

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### PREPARATION & COOKING SUGGESTIONS

Quick Soak or Overnight Soak  
Simmer to desired tenderness

### SERVING SUGGESTIONS

Quick Soak or Overnight Soak  
Simmer to desired tenderness

### MORE INFORMATION