

Pinto Beans

Nutrition Facts

432 servings per container

Serving size 1/4 Cup (43g) Dry
(about 3/4 Cup prepared)

Amount per serving

Calories 150

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 27g 10%

Dietary Fiber 6g 21%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 9g

Vitamin D 0mcg 0%

Calcium 68mg 6%

Iron 2mg 10%

Potassium 826mg 20%

*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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Use in bean salads, chili, casseroles, refried beans, dips and more. Can be ground into flour for thickening sauces or soups, adding more protein

DIRECTIONS:

Soaking overnight

1. Remove oxygen absorber and discard.
2. Rinse beans well.
3. Cover each cup of Pinto Beans with 3 cups of water and let stand for 12 hours.
4. Slowly cook on medium heat, covered, until beans are tender; about 2 hours.
5. Add more water if necessary.

Quicker results

1. Remove oxygen absorber and discard.
2. Rinse beans well.
3. Cover each cup of rinsed beans with 3 cups boiling water.
4. Boil 2 minutes, remove from heat and let stand for 1 hour.
5. Cover and slowly cook on medium heat until beans are tender; about 2 hours.
6. Add more water if necessary.

INGREDIENTS: Pinto beans.