



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

Brand		Manufacturer		Product Category		
Jack Rabbit		Trinidad Benham Corp		Pinto Beans Dried		
MFG #		GTIN		Pack	Pack Desc.	
305365100		10070620001098		0	24/1 lb	
Gross Weight	Net Weight	Country of Origin		Kosher	Child Nutrition	
24.80 lbs	24.00 lbs	United States of America				
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
14.20 inches	9.00 inches	7.90 inches	0.58 cu ft	12x7	365 days	40.00 / 90.00 FAH

INGREDIENTS

HANDLING

Store in a dry place.

SERVING

Perfect 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

13 servings per container

Serving size 0

Amount Per Serving
Calories 0

% Daily Value*

Total Fat 0 0%

Saturated Fat 0 0%

Trans Fat 0 0%

Cholesterol 0 0%

Sodium 0 0%

Total Carbohydrate 0 0%

Dietary Fiber 0 0%

Total Sugars 0 0%

Includes 0 Added Sugars 0%

Protein 0

Vitamin D 0 0%

Calcium 0 4%

Iron 0 0%

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



NUTRITION ANALYSIS

Calories	0	Total Fat	0	Sodium	0
Protein	0	Trans Fats	0	Calcium	0
Total Carbohydrates	0	Saturated Fat	0	Iron	0
Sugars	0	TPolyunsaturated Fat	0	Potassium	0
Dietary Fiber	0	Monounsaturated Fat	0	Zinc	0
Lactose		Cholesterol	0	Phosphorus	0
Vitamin A(IU)	0	Vitamin D	0	Thiamin	0
Vitamin A(RE)		Vitamin E	0	Niacin	0
Vitamin C	0	Folate	0	Riboflavin	0
Magnesium	0	Vitamin B-6	0	Vitamin B-12	0

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