

# Black Beans

## Nutrition Facts

49 servings per container

**Serving size** 1/4 Cup (46g) Dry  
(about 3/4 Cup prepared)

Amount per serving

**Calories** 160

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 15mg 1%

**Total Carbohydrate** 28g 10%

Dietary Fiber 12g 43%

Total Sugars 1g

Includes Og Added Sugars 0%

**Protein** 11g

Vitamin D 0mcg 0%

Calcium 79mg 6%

Iron 3mg 15%

Potassium 945mg 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.

02024-070517

Use in bean salads, Mexican dishes, as meat stock or for sprouting or more.

### DIRECTIONS:

#### Soaking overnight

1. Remove oxygen absorber and discard.
2. Rinse beans well.
3. Cover each Cup of Black Beans with 3 Cups of water and let stand for 12 hours.
4. Cover and slowly cook on medium heat until beans are tender, about 2 hours.
5. Add more water if necessary.
6. Season with salt, pepper, chopped onion and/or minced garlic.

#### Quicker results

1. Remove oxygen absorber and discard.
2. Rinse beans well.
3. Add 1 Cup rinsed beans to 3 Cups boiling water.
4. Boil 2 minutes 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.
7. Season with salt, pepper, chopped onion and/or minced garlic.

**INGREDIENTS:** Black beans.