

ORGANIC & REFRIED BEANS



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*a delicious low fat source of complex carbohydrate,
fiber, protein and minerals*



- * **QAI CERTIFIED ORGANIC**
- * **CERTIFIED KOSHER**
- * **VEGAN**

LIVE WELL. SPEND LESS. DISCOVER NATURAL VALUE.

We think that a healthy lifestyle should be affordable for everyone. We developed Natural Value because we felt that we could find and deliver premium quality natural and planet-friendly products to the marketplace in a more efficient and cost-effective manner. To that end, we've managed to streamline the distribution process and lower the cost of living well. Our goal is not to woo Wall Street with large profit margins. It is to reward your commitment to living responsibly with lower prices on natural products. We prefer a business model where everyone, including you, profits.

ORGANIC & REFRIED BEANS



BLACK BEANS

INGREDIENTS:
Water, organic black beans,
sea salt

706173-006022

Nutrition Facts	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 19g	6%
Dietary Fiber 5g	18%
Sugars 4g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 8%

*Percentage Daily Value is based on 2,000 calorie diet.



GARBANZO BEANS

INGREDIENTS:
Water, organic garbanzo
beans, sea salt

706173-006046

Nutrition Facts	
Serving Size 1/2 cup (130 g)	
Servings Per Container: About 3	
Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	1%
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 18g	6%
Dietary Fiber 5g	21%
Sugars 3g	
Protein 6g	
Vitamin A 0%	Vitamin C 2%
Calcium 4%	Iron 10%

*Percentage Daily Value is based on 2,000 calorie diet.



RED KIDNEY BEANS

INGREDIENTS:
Water, organic red kidney
beans, sea salt

706173-006053

Nutrition Facts	
Serving Size 1/2 cup (130 g)	
Servings Per Container: About 3	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 18g	6%
Dietary Fiber 5g	18%
Sugars 2g	
Protein 7g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 10%

*Percentage Daily Value is based on 2,000 calorie diet.



PINTO BEANS

INGREDIENTS:
Water, organic pinto beans,
sea salt

706173-006015

Nutrition Facts	
Serving Size 1/2 cup (130 g)	
Servings Per Container: About 3	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 19g	6%
Dietary Fiber 7g	29%
Sugars 2g	
Protein 6g	
Vitamin A 0%	Vitamin C 4%
Calcium 4%	Iron 10%

*Percentage Daily Value is based on 2,000 calorie diet.



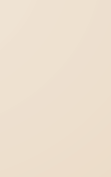
RED BEANS

INGREDIENTS:
Water, organic red beans,
sea salt

706173-006039

Nutrition Facts	
Serving Size 1/2 cup (130 g)	
Servings Per Container: About 3	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 19g	6%
Dietary Fiber 7g	29%
Sugars 2g	
Protein 6g	
Vitamin A 0%	Vitamin C 4%
Calcium 4%	Iron 10%

*Percentage Daily Value is based on 2,000 calorie diet.



REFRIED PINTO BEANS

INGREDIENTS:
Water, organic pinto beans,
sea salt

706173-006510

Nutrition Facts	
Serving Size 1/2 cup (130 g)	
Servings Per Container: About 3.5	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 530mg	22%
Total Carbohydrate 20g	7%
Dietary Fiber 8g	31%
Sugars 2g	
Protein 7g	
Vitamin A 0%	Vitamin C 4%
Calcium 4%	Iron 10%

*Percentage Daily Value is based on 2,000 calorie diet.



REFRIED BLACK BEANS

INGREDIENTS:
Water, organic black beans,
sea salt

706173-006527

Nutrition Facts	
Serving Size 1/2 cup (130 g)	
Servings Per Container: About 3.5	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 530mg	22%
Total Carbohydrate 20g	7%
Dietary Fiber 8g	31%
Sugars 4g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 8%

*Percentage Daily Value is based on 2,000 calorie diet.

ORDERING INFORMATION

DESCRIPTION	UPC	CS/PK	WT.	CUBE	PALLET	ITEM DIMENSION	CASE DIMENSION
Black Beans	706173-006022	12/15 oz	14	0.30	17 x 10	4 7/16 x 3 D	9 x 12 x 4.75
Garbanzo Beans	706173-006046	12/15 oz	14	0.30	17 x 10	4 7/16 x 3 D	9 x 12 x 4.75
Kidney Beans	706173-006053	12/15 oz	14	0.30	17 x 10	4 7/16 x 3 D	9 x 12 x 4.75
Pinto Beans	706173-006015	12/15 oz	14	0.30	17 x 10	4 7/16 x 3 D	9 x 12 x 4.75
Red Beans	706173-006039	12/15 oz	14	0.30	17 x 10	4 7/16 x 3 D	9 x 12 x 4.75
Refried Black Beans	706173-006527	12/15 oz	14	0.30	17 x 10	4 7/16 x 3 D	9 x 12 x 4.75
Refried Pinto Beans	706173-006510	12/15 oz	14	0.30	17 x 10	4 7/16 x 3 D	9 x 12 x 4.75