



Jack Rabbit
168544 - Navy Beans

Navy Beans got their name from being served as a staple to sailors since the mid 1800s. They are also known as Boston Beans and Pea Beans. These mild flavored beans are dense and smooth in texture. They are primarily found in pork and beans but can also be used in soups and salads.



* Benefits

Fat Free. High in Fiber, Good Source of Protein, Cholesterol Free, Low Sodium, Good Source of Iron. It all started in the 1920s with Harry Houdinis magic show at the Jeffers-Strand Theater in Saginaw, Michigan. The founder of the Michigan Bean Company, Al Reidel, attended the show with his daughter where she assisted with Houdinis famous rabbit-in-the-hat trick. Navy Beans got their name from being served as a staple to sailors since the mid 1800s. They are also known as Boston Beans and Pea Beans. These mild flavored beans are dense and smooth in texture. They are primarily found in pork and beans but can also be used in soups and salads.

Ingredients

navy beans

⚠ Allergens

Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

Nutrition Facts

Servings per Container 260
Serving size 35.0g (35g)

Amount per serving
Calories 80

% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 21g	8%
Dietary Fiber 11g	40%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0mg	10%
Potassium 380mg	8%

* 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.

Handling Suggestions

Cool, dry place

Serving Suggestions

Perfect as a side dish

Prep & Cooking Suggestions

Boil -

📄 Product Specifications

Brand	Manufacturer
Jack Rabbit	Dot Foods

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	168544	168544	00070620020016		1/20 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
20.9lb	20lb	United States	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
9.5in	6in	15.3in	0.5ft3	28x3	237days	60°F / 77°F



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Nutrition Analysis - By Measure

Calories	80	Total Fat	1g	Sodium	10mg
Protein	7	Trans Fats	0g	Calcium	20mg
Total Carbohydrates...	21g	Saturated Fat	0g	Iron	0mg
Sugars	1g	Added Sugars	0g	Potassium	380mg
Dietary Fiber	11g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

 Additional Images

