



THE ONLY BEAN[®]



NOODLES MADE 100% FROM BEANS!

Delicious and totally nutritious noodles made with one sole ingredient... BEANS! Each serving fuels your body with 3x the protein, 6x the fiber, and less than 1/2 the carbs of the average noodle. Ready in just 3 minutes!

- 3X** PROTEIN
- 6X** FIBER
- 1/2** CARBS
- 3** MINUTES

- ONE INGREDIENT
- ORGANIC
- NON-GMO
- GLUTEN FREE
- VEGAN
- HIGH IN PROTEIN
- HIGH IN FIBER
- ZERO ADDITIVES
- KOSHER



MADE WITH ONE INGREDIENT!

ORGANIC & GLUTEN FREE



RETAIL

SIZE: 8oz (227g)

CASE PACK: 8

UNIT DIM: 4.25"x2.5"x8.5"

CASE DIM: 8.75"x10"x9"

CASE WT: 4lbs

PALLET QTY: 100 Cases

SHELF LIFE: 2 Years

FOOD SERVICE

SIZE: 5lbs

SHELF LIFE: 2 Years

EDAMAME

BLACK BEAN

SOYBEAN

Nutrition Facts			
Serving Size 2oz (57g)			
Servings Per Container 4			
Amount Per Serving	2oz Serving	3.5oz Serving	
Calories	190	330	
% Daily Value*			
Total Fat	3.5g	4% 6g	8%
Saturated Fat	.5g	3% 1g	5%
Trans Fat	0g	0g	
Cholesterol	0mg	0% 0mg	0%
Sodium	0mg	0% 5mg	0%
Total Carbs.	20g	7% 35g	13%
Dietary Fiber	11g	39% 19g	68%
Total Sugars	5g	9g	
Incl. Added Sugars	0g	0% 0g	0%
Protein	25g	50% 44g	88%
Vitamin D		0%	0%
Calcium		15%	25%
Iron		35%	60%
Potassium		20%	40%

*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

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Cholesterol	0mg	0% 0mg	0%
Sodium	0mg	0% 5mg	0%
Total Carbs.	20g	7% 35g	13%
Dietary Fiber	10g	36% 18g	64%
Total Sugars	4g	7g	
Incl. Added Sugars	0g	0% 0g	0%
Protein	25g	50% 44g	88%
Vitamin D		0%	0%
Calcium		15%	25%
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Sodium	0mg	0% 5mg	0%
Total Carbs.	20g	7% 35g	13%
Dietary Fiber	11g	39% 20g	71%
Total Sugars	5g	9g	
Incl. Added Sugars	0g	0% 0g	0%
Protein	25g	50% 43g	86%
Vitamin D		0%	0%
Calcium		15%	25%
Iron		35%	60%
Potassium		20%	40%

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Ingredients: Organic Edamame Beans

Ingredients: Organic Black Beans

Ingredients: Organic Soybeans

EDAMAME SPAGHETTI



BLACK BEAN SPAGHETTI



SOYBEAN SPAGHETTI



EDAMAME FETTUCCINE



BLACK BEAN FETTUCCINE



WHO ARE WE?

We are The Only Bean. Here to unlock the potential of beans and show the world what they're truly capable of. All of our ingredients are sustainably sourced so you can eat good, feel good, and do good at the same time.

Learn more about us at www.theonlybean.com.



THE ONLY BEAN®

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