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Great Northerns

Phaseolus vulgaris

Great Northern Beans come from the "white bean" family or haricot beans. These beans are medium in size, 1/2 inch long. They have a flattish, slight kidney shape and are bright white in color.

Grown in the Western Hemisphere before Europeans came to explore the shores, great northern beans were called ayacotl by the Aztecs. It is believed that they are called haricot beans because the Europeans mispronounced the word ayacotl, and the pronunciation turned into the word "haricot".

Grown in North Dakota and Northern Minnesota, these beans are used in soups, stews and casseroles. These beans resemble Lima beans in shape but that have a more delicate and distinctive flavor than Lima beans. Great Northern beans can be used as a substitute for any white beans in most recipes.

Nutrition Facts

Serving Size 1/4 cup dry (45g)
Servings Per Container**Amount Per Serving****Calories 80** **Calories from Fat 5**
% Daily Value***Total Fat 0g** **0%**Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%****Sodium 0mg** **0%****Total Carbohydrate 15g** **5%**Dietary Fiber 5g **20%**

Sugars 0g

Protein 5g

Vitamin A 0% • Vitamin C 2%

Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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