

Reading a Label

OVEN BAKED Old West Baked Beans



NET WT.
16 OZ. (1 LB.)

Only Old West Beans are baked in a thick, rich, brown sugar sauce in a real brick oven for seven hours. That's how we bake our home-made taste into every bean.

DIRECTIONS: Empty contents into pan or casserole. Heat and serve. Refrigerate unused portions.

MICROWAVE: Empty contents into 1-quart microwave-safe casserole. Cover with microwave-safe glass lid or plastic wrap; microwave on HIGH 3 to 4 minutes or until hot, stirring once. Stir before serving. Refrigerate unused portions.

NUTRITION INFORMATION

SERVING SIZE	8 OZ.	CARBOHYDRATE	49 g
SERVINGS PER CONTAINER	2	FAT	8 g
CALORIES	330	SODIUM	770 mg
PROTEIN	16 g	POTASSIUM	850 mg

PERCENTAGE OF U.S. RECOMMENDED DAILY ALLOWANCE (U.S.RDA)

PROTEIN	25	CALCIUM	10
VITAMIN A	*	IRON	40
VITAMIN C	*	PHOSPHORUS	25
THIAMINE	2	MAGNESIUM	25
RIBOFLAVIN	6	ZINC	10
NIACIN	6	COPPER	20

*LESS THAN 2%

INGREDIENTS: SMALL PEA BEANS WITH PORK IN SAUCE CONTAINING WATER, BROWN SUGAR, SALT, WHITE SUGAR AND MUSTARD.

1. How many servings are in this product? _____
2. What does RDA mean? _____
3. What ingredient is found in the smallest quantity? _____
4. Name three ingredients found in this product _____
5. How many calories in the entire product? _____
6. How much sodium in this product? _____
7. Would this product be a good source of Vitamin A? _____
8. What do the following abbreviations mean?

oz. _____
mg. _____

g. _____
lb. _____