

**NEW!**



# THE ONLY BEAN®



## PASTA MADE 100% FROM BEANS!

Packed with 3x the protein, 6x the fiber, and less than 1/2 the carbs of traditional pasta. It's pasta that's better for you and better for the planet!



- HIGH PROTEIN
- HIGH FIBER
- LOW CARB
- LOW GLYCEMIC
- ONE INGREDIENT
- READY IN 5 MINS





# MADE WITH ONE INGREDIENT!

ORGANIC & GLUTEN FREE



## EDAMAME

### Nutrition Facts

Serving Size 2oz (57g)  
Servings Per Container 4

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

**Ingredients:** Organic  
Edamame Bean

**EDAMAME SPAGHETTI**  
ITEM NO: 00368598



**EDAMAME FETTUCCINE**  
ITEM NO: 00368599



## BLACK BEAN

### Nutrition Facts

Serving Size 2oz (57g)  
Servings Per Container 4

Amount Per Serving	2oz Serving	3.5oz Serving
<b>Calories</b>	190	330
% Daily Value*		
<b>Total Fat</b>	3.5g	4g 6g 8%
<b>Saturated Fat</b>	.5g	3% 1g 5%
<b>Trans Fat</b>	0g	0g
<b>Cholesterol</b>	0mg	0% 0mg 0%
<b>Sodium</b>	0mg	0% 5mg 0%
<b>Total Carbs.</b>	20g	7% 35g 13%
<b>Dietary Fiber</b>	10g	36% 18g 64%
<b>Total Sugars</b>	4g	7g
<b>Incl. Added Sugars</b>	0g	0% 0g 0%
<b>Protein</b>	25g	50% 44g 88%
<b>Vitamin D</b>		0%
<b>Calcium</b>		15% 25%
<b>Iron</b>		35% 60%
<b>Potassium</b>		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

**Ingredients:** Organic  
Black Soybean

**BLACK BEAN SPAGHETTI**  
ITEM NO: 00368673



**BLACK BEAN FETTUCCINE**  
ITEM NO: 00368441



## SOYBEAN

### Nutrition Facts

Serving Size 2oz (57g)  
Servings Per Container 4

Amount Per Serving	2oz Serving	3.5oz Serving
<b>Calories</b>	190	330
% Daily Value*		
<b>Total Fat</b>	4g	5g 7g 9%
<b>Saturated Fat</b>	1g	3% 1.5g 8%
<b>Trans Fat</b>	0g	0g
<b>Cholesterol</b>	0mg	0% 0mg 0%
<b>Sodium</b>	0mg	0% 5mg 0%
<b>Total Carbs.</b>	20g	7% 35g 13%
<b>Dietary Fiber</b>	11g	39% 20g 71%
<b>Total Sugars</b>	5g	9g
<b>Incl. Added Sugars</b>	0g	0% 0g 0%
<b>Protein</b>	25g	50% 43g 86%
<b>Vitamin D</b>		0%
<b>Calcium</b>		15% 25%
<b>Iron</b>		35% 60%
<b>Potassium</b>		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

**Ingredients:** Organic  
Soybean

**SOYBEAN SPAGHETTI**  
ITEM NO: 00368596



## PRODUCT INFO

SIZE: 8OZ (227G)

UNIT DIM: 4.6"X2.2"X7.5

CASE PACK: 6

CASE DIM: 9.5"X6.75"X7.87"

CASE WT: 3.8LBS

PALLET QTY: 150 CASES

TI-HI: 30 X 5

SHELF LIFE: 18 MONTHS

## ABOUT US

The Only Bean is a plant-based food company that uses beans to create innovative food products that are healthy, delicious, and sustainable. Our mission is to unlock the potential of beans with products that are better for you and better for the planet.

Visit us at  
[www.theonlybean.com](http://www.theonlybean.com)



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