Can You Name These Legumes?

For more information, visit http://beaninstitute.com/bean-nutrition-overview/
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**Nutritional Advantage of Legumes**

Beans are super nutritious and provide nutrients like protein, fiber, calcium and potassium. Most American only get about 15 grams of fiber each day. The recommended amount of fiber to consume daily is 25-38 grams per day.

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