



# HARVEST OF THE MONTH

# Soybeans

Soybeans are one of Alabama's top five commodities, but what's extra special about them are their health benefits and general utility. Soy can be eaten or used to make products.

Soy can be found in food products like oil, margarine, salad dressings, chocolate and flour. It can also be eaten plain just like any other bean. Other cool places to find soy are soap, shampoo, paint, crayons and ink. This little bean is the Superman of beans!



Nutrition Facts		
Serving Size 1 cup 256g (256 g)		
Servings per container 1		
Amount Per Serving		
Calories 376	Calories from Fat 146	
% Daily Value*		
Total Fat 17g	27%	
Saturated Fat 2g	10%	
Trans Fat		
Cholesterol 0mg	0%	
Sodium 38mg	2%	
Total Carbohydrate 28g	9%	
Dietary Fiber 11g	43%	
Sugars		
Protein 33g		
Vitamin A	9% • Vitamin C	124%
Calcium	50% • Iron	50%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
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**Did you know?**  
One acre of soybeans can produce 82,368 crayons.

