

Black Beans

NUTRITION FACTS	
Serving Size: ¼ cup (dry) 38g	
Servings per Container:	
Amount per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 23g	8%
Dietary Fiber 15g	60%
Sugars 1g	
Protein 9g	
Vitamin A 0% *	Vitamin C 0%
Calcium 4% *	Iron 15%
*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 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 *	Carbohydrate 4 * Protein 4

Ingredients: Black Beans

**Information taken from product package.