

nutriSTORE™

Black Beans

Nutrition Facts

Serving Size About ¼ Cup (47g)

Servings Per Container About 45

Amount Per Serving

Calories 90 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 28g **9%**

Dietary Fiber 19g **74%**

Sugars 1g

Protein 11g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 20%

*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
Sat 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.