

Blackeye Beans

416100

NUTRITION FACTS

Serving Size: ¼ cup (dry) 37g

Servings per Container:

Amount per Serving

Calories 90**Calories from Fat** 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%**Sodium** 15mg 1%**Total Carbohydrate** 23g 8%

Dietary Fiber 10g 40%

Sugars 1g

Protein 9g

Vitamin A 0% * Vitamin C 0%

Calcium 2% * 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: Blackeye Beans.

**Information taken from product package.