



VEGETARIAN BEANS

Nutrition Facts

Serving Size 1/2 Cup (130g)
Servings Per Container Varied

Amount Per Serving

Calories 160 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 450mg **19%**

Total Carbohydrate 20g **7%**

Dietary Fiber 5g **20%**

Sugars 1g

Protein 7g

Vitamin A 0% • **Vitamin C** 4%

Calcium 4% • **Iron** 8%

*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