

Beans - Red Kidney

Nutrition Facts

Serving Size: 100g

Serving per Container:

Amount per Serving

Calories 337 Calories from Fat: 9

% Daily Value *

Total Fat	1 g	2 %
Saturated Fat	0 g	1 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	12 mg	1 %
Total Carbohydrates	61 g	20 %
Dietary Fiber	15 g	61 %
Sugars	2 g	
Protein	23 g	

Vitamin A	0%	Vitamin C	8 %
Calcium	8%	Iron	37 %

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram

Fat 9 Carbohydrates 4 Protein 4

Ingredients: Red Kidney Beans

*The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.