

Soybeans-Organic

Nutrition Facts

Serving Size: 1 oz (28g)

Serving per Container:

Amount per Serving

Calories 130 Calories from Fat: 50

% Daily Value *

Total Fat	5 g	8 %
Saturated Fat	1 g	5 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	0 mg	0 %
Total Carbohydrates	11 g	4 %
Dietary Fiber	5 g	20 %
Sugars	2 g	
Protein	11 g	

Vitamin A 0% Vitamin C 2 %

Calcium 5% Iron 12 %

* 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: Soybeans

*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.