

Soybeans - Dry Roasted & Unsalted

Nutritional Information

Serving Size: 100g

Amount per Serving

Calories 451 Calories from Fat: 195

% Daily Value *

Total Fat	22 g	33 %
Saturated Fat	3 g	16 %
<i>Trans</i> Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	2 mg	0 %
Total Carbohydrates	33 g	11 %
Dietary Fiber	8 g	32 %
Sugars	~ g	
Protein	40 g	

Vitamin A	0%	Vitamin C	8 %
Calcium	14%	Iron	22 %

* 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.