



NUTRITION FACTS: BAKED BEANS

Maple Sugar Baked Beans

Nutrition Facts	
Serving Size ½ cup (130g)	
Servings Per Container	
Amount Per Serving	
Calories	140
Calories from Fat	5
Amount Per Serving	%Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 440mg	18%
Total Carbohydrate 28g	9%
Dietary Fiber 4g	18%
Sugars 10g	
Protein 6g	
Vitamin A 0% • Vitamin C 6%	
Calcium 6% • Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet.	

Baked Beans

Nutrition Facts	
Serving Size ½ cup (130g)	
Servings Per Container	
Amount Per Serving	
Calories	160
Calories from Fat	5
Amount Per Serving	%Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 510mg	21%
Total Carbohydrate 32g	11%
Dietary Fiber 8g	33%
Sugars 13g	
Protein 8g	
Vitamin A 0% • Vitamin C 2%	
Calcium 6% • Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet.	