



NUTRITION FACTS: INGREDIENT BEANS

Black Beans

Nutrition Facts	
Serving Size ½ cup (127g)	
Servings Per Container	
Amount Per Serving	
Calories	100
Calories from Fat	10
Amount Per Serving	%Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 380mg	16%
Total Carbohydrate 17g	6%
Dietary Fiber 6g	24%
Sugars 1g	
Protein 6g	
Vitamin A 0% • Vitamin C 4%	
Calcium 6% • Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet.	

Garbanzo Beans

Nutrition Facts	
Serving Size ½ cup (130g)	
Servings Per Container	
Amount Per Serving	
Calories	110
Calories from Fat	20
Amount Per Serving	%Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 460mg	19%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	13%
Sugars 2g	
Protein 7g	
Vitamin A 0% • Vitamin C 2%	
Calcium 2% • Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet.	

Kidney Beans

Nutrition Facts	
Serving Size ½ cup (132g)	
Servings Per Container	
Amount Per Serving	
Calories	120
Calories from Fat	10
Amount Per Serving	%Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 380mg	16%
Total Carbohydrate 20g	7%
Dietary Fiber 6g	24%
Sugars 4g	
Protein 7g	
Vitamin A 0% • Vitamin C 8%	
Calcium 8% • Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet.	

Pinto Beans

Nutrition Facts	
Serving Size ½ cup (130g)	
Servings Per Container	
Amount Per Serving	
Calories	120
Calories from Fat	10
Amount Per Serving	%Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 530mg	17%
Total Carbohydrate 22g	7%
Dietary Fiber 7g	28%
Sugars 2g	
Protein 6g	
Vitamin A 0% • Vitamin C 0%	
Calcium 6% • Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet.	

White Beans

Nutrition Facts	
Serving Size ½ cup (127g)	
Servings Per Container	
Amount Per Serving	
Calories	110
Calories from Fat	5
Amount Per Serving	%Daily Value*
Total Fat .5g	1%
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 480mg	20%
Total Carbohydrate 19g	6%
Dietary Fiber 6g	24%
Sugars 1g	
Protein 7g	
Vitamin A 0% • Vitamin C 0%	
Calcium 6% • Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet.	

White Kidney Beans

Nutrition Facts	
Serving Size ½ cup (130g)	
Servings Per Container	
Amount Per Serving	
Calories	110
Calories from Fat	0
Amount Per Serving	%Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 200mg	9%
Total Carbohydrate 21g	7%
Dietary Fiber 6g	24%
Sugars 0g	
Protein 6g	
Vitamin A 0% • Vitamin C 0%	
Calcium 6% • Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet.	

Butter Beans

Nutrition Facts	
Serving Size ½ cup (127g)	
Servings Per Container	
Amount Per Serving	
Calories	110
Calories from Fat	5
Amount Per Serving	%Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 480mg	20%
Total Carbohydrate 19g	6%
Dietary Fiber 5g	20%
Sugars 3g	
Protein 6g	
Vitamin A 0% • Vitamin C 0%	
Calcium 6% • Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet.	