



NUTRITION FACTS: 50% LESS SODIUM BEANS

Black Beans 50% Less Sodium

Nutrition Facts	
Serving Size ½ cup (130g)	
Servings Per Container	
Amount Per Serving	
Calories	120
Calories from Fat	5
Amount Per Serving	%Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 180mg	8%
Total Carbohydrate 22g	7%
Dietary Fiber 5g	20%
Sugars 1g	
Protein 8g	
Vitamin A 0% • Vitamin C 0%	
Calcium 6% • Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet.	

Garbanzo Beans 50% Less Sodium

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 220mg	9%
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 50% Less Sodium

Nutrition Facts	
Serving Size ½ cup (130g)	
Servings Per Container	
Amount Per Serving	
Calories	110
Calories from Fat	5
Amount Per Serving	%Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 180mg	8%
Total Carbohydrate 21g	7%
Dietary Fiber 5g	20%
Sugars 2g	
Protein 7g	
Vitamin A 0% • Vitamin C 2%	
Calcium 4% • Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet.	