



## NUTRITION FACTS: ORGANIC BEANS

### Organic Kidney Beans

<b>Nutrition Facts</b>	
Serving Size ½ cup (132g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b>	120
Calories from Fat	10
<b>Amount Per Serving</b>	<b>%Daily Value*</b>
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	
Trans Fat 0g	
<b>Cholesterol</b> 0g	<b>0%</b>
<b>Sodium</b> 380mg	<b>16%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 4g	
<b>Protein</b> 7g	
Vitamin A 0% • Vitamin C 0%	
Calcium 4% • Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet.	

### Organic Black Beans

<b>Nutrition Facts</b>	
Serving Size ½ cup (127g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b>	110
Calories from Fat	10
<b>Amount Per Serving</b>	<b>%Daily Value*</b>
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	
Trans Fat 0g	
<b>Cholesterol</b> 0g	<b>0%</b>
<b>Sodium</b> 380mg	<b>16%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 1g	
<b>Protein</b> 6g	
Vitamin A 0% • Vitamin C 0%	
Calcium 4% • Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet.	

### Organic Garbanzo Beans

<b>Nutrition Facts</b>	
Serving Size ½ cup (130g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b>	120
Calories from Fat	15
<b>Amount Per Serving</b>	<b>%Daily Value*</b>
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	
Trans Fat 0g	
<b>Cholesterol</b> 0g	<b>0%</b>
<b>Sodium</b> 390mg	<b>16%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 3g	<b>13%</b>
Sugars 5g	
<b>Protein</b> 6g	
Vitamin A 0% • Vitamin C 0%	
Calcium 4% • Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet.	