



NUTRITION FACTS: SIDE DISH BEANS

Caribbean Black Beans

Nutrition Facts	
Serving Size ½ cup (130g)	
Servings Per Container	
Amount Per Serving	
Calories	110
Calories from Fat	10
Amount Per Serving	%Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 550mg	23%
Total Carbohydrate 18g	6%
Dietary Fiber 7g	28%
Sugars 2g	
Protein 6g	
Vitamin A 0% • Vitamin C 0%	
Calcium 4% • Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet.	

San Antonio Recipe 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 610mg	25%
Total Carbohydrate 20g	7%
Dietary Fiber 6g	24%
Sugars 2g	
Protein 7g	
Vitamin A 6% • Vitamin C 8%	
Calcium 6% • Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet.	

Pinquito Beans

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 0.5g	1%
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 490mg	20%
Total Carbohydrate 20g	7%
Dietary Fiber 6g	24%
Sugars 2g	
Protein 6g	
Vitamin A 2% • Vitamin C 0%	
Calcium 6% • Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet.	

Red Beans Louisiana Style

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 0.5g	1%
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 340mg	14%
Total Carbohydrate 20g	7%
Dietary Fiber 5g	20%
Sugars 1g	
Protein 6g	
Vitamin A 2% • Vitamin C 0%	
Calcium 4% • Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet.	