

# Nutrition Facts

Serving Size 1/2 cup (113g)  
Servings Per Container about 27

Amount per Serving

**Calories 110**    Calories from Fat 10

% Daily Value\*

**Total Fat 1g**    0%

**Saturated Fat 0g**    0%

**Trans Fat 0g**

**Cholesterol 0mg**    0%

**Sodium 140mg**    6%

**Total Carbohydrate 19g**    6%

**Dietary Fiber 7g**    27%

**Sugars 2g**

**Protein 8g**

**Vitamin A 0%**    •    **Vitamin C 0%**

**Calcium 4%**    •    **Iron 6%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	2,000	2,500
<b>Total Fat</b>	Less than 65g	80g
<b>Sat. Fat</b>	Less than 20g	25g
<b>Cholesterol</b>	Less than 300mg	300mg
<b>Sodium</b>	Less than 2,400mg	2,400mg
<b>Total Carbohydrate</b>	300g	375g
<b>Dietary Fiber</b>	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Black Turtle Beans, Water, Calcium Chloride, Salt, Ferrous Gluconate, EDTA.

