

## Navy Beans

<b>NUTRITION FACTS</b>	
Serving Size: ¼ cup (dry) 38g	
Servings per Container:	
Amount per Serving	
<b>Calories</b> 80	<b>Calories from Fat</b> 0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 15mg	1%
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber 12g	49%
Sugars 1g	
<b>Protein</b> 8g	
Vitamin A 0% * Vitamin C 0%	
Calcium 6% * Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000      2,500	
Total Fat	Less than 65g      80g
Saturated Fat	Less than 20g      25g
Cholesterol	Less than 300mg      300mg
Sodium	Less than 2,400mg      2,400mg
Total Carbohydrate	300g      375g
Dietary Fiber	25g      30g
Calories per gram:	
Fat 9 * Carbohydrate 4 * Protein 4	

**Ingredients: Navy beans.**

\*\*Information taken from product package.