

Pinto Beans

| NUTRITION FACTS | | | |
|--|-----------|------------------------------|---------|
| Serving Size: ¼ cup (dry) 36g | | | |
| Servings per Container: | | | |
| Amount per Serving | | | |
| Calories 60 | | Calories from Fat 0 | |
| % Daily Value* | | | |
| Total Fat | 0g | 0% | |
| Saturated Fat | 0g | 0% | |
| Cholesterol | 0mg | 0% | |
| Sodium | 15mg | 1% | |
| Total Carbohydrate | 22g | 7% | |
| Dietary Fiber | 14g | 56% | |
| Sugars | 1g | | |
| Protein 7g | | | |
| Vitamin A 0% | | * Vitamin C 0% | |
| Calcium 4% | | * 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: Pinto Beans

**Information taken from product package.