

Beans, Pinto

Nutrition Facts

Serving Size: 1/4 Cup

Amount Per Serving

Calories: 60

Calories from Fat: 5

Total Fat:	.5g
Saturated Fat:	.0g
Trans Fat:	*0.00* (see below)
Cholesterol:	0mg
Sodium:	236mg
Total Carbohydrate:	11.2g
Dietary Fiber:	3.7g
Protein:	2.6g

Vitamin A: 83RE

Vitamin C: 1.0mg

Calcium: 21.9mg

Iron: .8mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

* The available data does not currently provide complete information concerning the Trans Fat content of the ingredients for this item.

Ingredients

Beans, Pinto Sysco (mfg label): PINTO BEANS [903371]
CHILI POWDER (mfg label): CHILI POWDER [002009]
CILANTRO,RAW (mfg label): CILANTRO [990006]
GARLIC POWDER (mfg label): GARLIC POWDER [002020]
ONIONS,FRESH (mfg label): ONIONS [078023]
PEPPER,BLACK (mfg label): BLACK PEPPER [002030]
SUGARS,GRANULATED (mfg label): SUGAR [019335]
TOMATOES,FRESH,RED RIPE (mfg label): TOMATOES [078031]
WATER,MUNICIPAL-USE (mfg label): WATER [903215]

