

## *Beans, Black*

### Nutrition Facts

Serving Size: 1/2 Cup

Amount Per Serving

Calories: 100

Calories from Fat: 0

**Total Fat:** .0g

Saturated Fat: .0g

Trans Fat: 0.00

**Cholesterol:** 0mg

**Sodium:** 140mg

**Total Carbohydrate:** 18.0g

Dietary Fiber: 6.0g

**Protein:** 7.0g

Vitamin A: 10RE

Vitamin C: .0mg

Calcium: 40.1mg

Iron: 2.7mg

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.

### Ingredients

Bean, Black Commodities (mfg label): Prepared Black Beans, Water, Salt, Ferrous Gluconate, Calcium Chloride to Help Maintain Firmness. [903304]