



Black Beans (BLP)

Item # 32213

6 LB. 15 OZ. Net Weight (3.15 kg)

Packaged 6/10 cans per unit

Ingredients: Prepared Black Beans, Water, Salt, Ferrous Gluconate, Calcium Chloride to Help Maintain Firmness.

Nutrition Facts

Serving Size 1/2 cup (128g)

Servings Per Container 24

Amount Per Serving

Calories 120 **Calories from Fat** 10

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Potassium 450mg **13%**

Total Carbohydrate 20g **7%**

Dietary Fiber 9g **36%**

Sugars 1g

Protein 6g

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 40%

*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
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Effective Date: May 25, 2012