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LOW SODIUM

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Other High Quality Fruit and
Vegetable Food Service
Items Available

Nutrition Facts

Serving Size 1/2 cup (125g)
Servings Per Container Approx. 24

Amount per Serving

Calories 100 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 18g **6%**

Dietary Fiber 6g **24%**

Sugars 2g

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
Sat. 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

Mother's Maid

Black BEANS



NET WT. 108 oz. (6 lbs. 12oz.) 3.06 kg

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