



C_E B

PINTO BEANS NO SUGAR

NUTRITION FACTS			
Serving Size ½ cup (126 g)			
Servings Per Container see below			
Amount per Serving			
Calories	80	Calories from Fat	0
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0 g		0%
Trans Fat	0 g		0%
Cholesterol	0mg		0%
Sodium	300mg		10%
Total Carbohydrates	15g		5 %
Dietary Fiber	5g		19%
Sugars	0g		
Protein	6g		
Vitamin A	** %	Vitamin C	**%
Calcium	6 %	Iron	10 %
*Percent (%) of a Daily Value are based on a 2000 calorie diet. Your Daily values may vary higher or lower depending on your caloric needs.			
**Contains less than 2% of the Daily Value of this nutrient.			
	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g
Calories per gram			
Fat = 9	Carbohydrates = 4	Protein = 4	

SERVINGS PER CONTAINER		Net Weight
300 can	about 3.5	15.0 oz (425 grams)
2 ½ can	about 7	30.0oz (850 grams)
40 oz	about 9	26.2 oz (1094 grams)
#10 can	about 25	108.0oz (3062grams)

INGREDIENT STATEMENT: Prepared Pinto Beans, Water, Salt, Calcium Chloride, and Calcium Disodium EDTA to promote color retention.

Date: 5/7/10 (Na content)

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