

Nutrition Facts

Serving Size 1/2 cup (130g)
Servings Per Container about 24

Amount Per Serving

Calories 120 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 75mg **3%**

Total Carbohydrate 22g **7%**

Dietary Fiber 7g **28%**

Sugars less than 1g

Protein 7g

Vitamin A 0% • Vitamin C 4%

Calcium 2% • Iron 10%

*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 |
| Saturated 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

INGREDIENTS: COOKED BEANS, WATER.

DISTRIBUTED BY:
SENECA FOODS CORP.
MARION, NY 14505-0997

CONTACTING US,
INCLUDE CODE FROM
PACK AND UPC CODE.

or website at
senecafoods.com



HART

BRAND

REFRIED BEANS

FAT FREE

NET WT 6 LB 12 OZ (3.06 kg)