

DIUM

LOW SODIUM

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Other High Quality Fruit and  
Vegetable Food Service  
Items Available

### Nutrition Facts

Serving Size About 1/2 cup (120g)  
Servings Per Container Approx. 24

#### Amount Per Serving

**Calories** 110    Calories from Fat 0

% Daily Value\*

**Total Fat** 0g    0%

Saturated Fat 0g    0%

Trans Fat 0g

**Cholesterol** 0mg    0%

**Sodium** 140 mg    6%

**Total Carbohydrate** 20g    7%

Dietary Fiber 5g    21%

Sugars 2g

**Protein** 6g

Vitamin A 0%    •    Vitamin C 0%

Calcium 6%    •    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
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

## Vegetarian BEANS



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

