

Garbanzo Curry

Nutrition Facts	
Serving Size 1/2 cup (133g)	
Servings Per Container 1	
Amount Per Serving	
Calories 140	Calories from Fat 0
% Daily Value*	
Total Fat 7g	10%
Saturated Fat .5g	3%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 4g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Potassium 240mg	7%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 8%	• Vitamin C 25%
Calcium 4%	• Iron 6%
Thiamin 2%	• Riboflavin 2%
Niacin 2%	• Vitamin B6 6%
Folacin 4%	• Vitamin B12 0%
Phosphorus 6%	• Zinc 2%
*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 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	* Carbohydrate 4 * Protein 4