

Kicked Up Kidney Beans

Nutrition Facts			
Serving Size 3 ounces (109g)			
Servings Per Container 1			
Amount Per Serving			
Calories	120	Calories from Fat	0
% Daily Value*			
Total Fat	2g		3%
Saturated Fat	0g		1%
Trans Fat	0g		
Polyunsaturated Fat	.5g		
Monounsaturated Fat	1g		
Cholesterol	0mg		0%
Sodium	35mg		2%
Potassium	480mg		14%
Total Carbohydrate	20g		7%
Dietary Fiber	8g		31%
Sugars	2g		
Protein	7g		
Vitamin A	6%	• Vitamin C	4%
Calcium	6%	• Iron	15%
Thiamin	10%	• Riboflavin	4%
Niacin	4%	• Vitamin B6	8%
Folacin	30%	• Vitamin B12	0%
Phosphorus	15%	• Zinc	6%
*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