

Pinto Beans

Nutrition Facts			
Serving Size 1/2 cup (177g)			
Servings Per Container 1			
Amount Per Serving			
Calories	160	Calories from Fat 0	
% Daily Value*			
Total Fat	.5g		1%
Saturated Fat	0g		1%
<i>Trans</i> Fat			
Polyunsaturated Fat	0g		
Monounsaturated Fat	0g		
Cholesterol	0mg		0%
Sodium	10mg		0%
Potassium	670mg		19%
Total Carbohydrate	30g		10%
Dietary Fiber	7g		28%
Sugars	2g		
Protein	10g		
Vitamin A	0%	•	Vitamin C 10%
Calcium	6%	•	Iron 15%
Thiamin	20%	•	Riboflavin 6%
Niacin	2%	•	Vitamin B6 15%
Folacin	60%	•	Vitamin B12 0%
Phosphorus	20%	•	Zinc 8%
*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