

Full Report (All Nutrients) 45001782, BLACK BEANS, UPC: 5051379025519
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Report Date: June 25, 2019 22:29 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer FRESH & EASY

Nutrient	Unit	Data points	Std. Error	0.25 cup 50g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	170	340
Protein	g	--	--	11.00	22.00
Total lipid (fat)	g	--	--	0.00	0.00
Carbohydrate, by difference	g	--	--	32.00	64.00
Fiber, total dietary	g	--	--	12.0	24.0
Sugars, total	g	--	--	1.00	2.00
Minerals					
Calcium, Ca	mg	--	--	80	160
Iron, Fe	mg	--	--	4.50	9.00
Sodium, Na	mg	--	--	0	0
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	0.000	0.000
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids
Other
Ingredients

BLACK BEANS. Date Available: 04/26/2018 Date Last Updated by Company: 04/26/2018