

Full Report (All Nutrients) 45221822, GARBANZO BEANS, UPC: 850942004051
[Powered by LabelInsight](#)
Report Date: August 24, 2019 11:52 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

Nutrient	Unit	Data points	Std. Error	0.5 cup 130g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	130	100
Protein	g	--	--	5.00	3.85
Total lipid (fat)	g	--	--	1.00	0.77
Carbohydrate, by difference	g	--	--	19.01	14.62
Fiber, total dietary	g	--	--	4.0	3.1
Sugars, total	g	--	--	1.00	0.77
Minerals					
Calcium, Ca	mg	--	--	20	15
Iron, Fe	mg	--	--	1.44	1.11
Sodium, Na	mg	--	--	439	338
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	1.2	0.9
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

 PREPARED GARBANZO BEANS, WATER, SALT, DISODIUM EDTA AND SODIUM METABISULFITE ADDED FOR COLOR RETENTION. *Date Available: 07/14/2017 Date Last Updated by Company: 07/14/2017*