

Full Report (All Nutrients) 45233335, GARBANZO BEANS, UPC: 072036764423
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Report Date: August 25, 2019 01:04 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 Harris-Teeter Inc.

Nutrient	Unit	Data points	Std. Error	0.5 cup 130g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	110	85
Protein	g	--	--	6.01	4.62
Total lipid (fat)	g	--	--	1.00	0.77
Carbohydrate, by difference	g	--	--	19.01	14.62
Fiber, total dietary	g	--	--	6.0	4.6
Sugars, total	g	--	--	1.00	0.77
Minerals					
Calcium, Ca	mg	--	--	0	0
Iron, Fe	mg	--	--	1.08	0.83
Sodium, Na	mg	--	--	390	300
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	1.2	0.9
Vitamin A, IU	IU	--	--	100	77
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

 ORGANIC GARBANZO BEANS, WATER, SEA SALT. *Date Available: 05/24/2018 Date Last Updated by Company: 05/24/2018*