

Full Report (All Nutrients) 45332957, KIDNEY BEANS, UPC: 041512079986
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Report Date: August 24, 2019 09:31 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	--	--	100	77
Protein	g	--	--	6.01	4.62
Total lipid (fat)	g	--	--	0.00	0.00
Carbohydrate, by difference	g	--	--	18.00	13.85
Fiber, total dietary	g	--	--	7.0	5.4
Sugars, total	g	--	--	3.00	2.31
Minerals					
Calcium, Ca	mg	--	--	60	46
Iron, Fe	mg	--	--	1.79	1.38
Sodium, Na	mg	--	--	380	292
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

 WATER, DARK RED KIDNEY BEANS, LIQUID SUGAR, SALT, CALCIUM CHLORIDE, DISODIUM EDTA. *Date Available: 11/01/2017 Date Last Updated by Company: 11/01/2017*