

# INGREDIENTS & NUTRITIONALS

- BPA Free
- Non *GMO* Verified
- Vegan
- USDA Organic

## Nutritional Facts

**Serving Size:**

1/2 cup (130g)

**Serving Per Container:**

About 3

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**Calories:**

120

**Calories from Fat:**

0

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	<b>% Daily Value</b>
<b>Total Fat:</b>	0%
0g	
<b>Saturated Fat:</b>	0%
0g	
<b>Trans Fat:</b>	
0g	
<b>Cholesterol:</b>	0%
0mg	
<b>Sodium:</b>	4%
85mg	
<b>Carbohydrates:</b>	7%
22g	
<b>Fiber:</b>	20%

5g

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**Sugars:**

1g

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**Protein:**

8g

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**Vitamin A:**

0%

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**Vitamin C: 0%**

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**Calcium:**

4%

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**Iron: 10%**

**INGREDIENTS:**

Organic prepared black beans, water, sea salt.

NCW 2.1

Always use the consumer package for nutritional information as formula and ingredient changes may occur at any time and may not match the website.