

Bean Nutrition Facts



Nutrition Facts	
Black Beans	
Serving Size	1/2 cup
Amount Per Serving	
Calories	109
Total Fat	0
Saturated Fat	0
Trans Fat	0
Cholesterol	0
Sodium	140mg
Total Carb.	20g
Fiber	8g
Sugar	0
Protein	7g



Nutrition Facts	
Garbanzo	
Serving Size	1/2 cup
Amount Per Serving	
Calories	106
Total Fat	2g
Saturated Fat	0
Trans Fat	0
Cholesterol	0
Sodium	140mg
Total Carb.	16g
Fiber	5g
Sugar	3g
Protein	6g



Nutrition Facts	
Red Kidney	
Serving Size	1/2 cup
Amount Per Serving	
Calories	104
Total Fat	0
Saturated Fat	0
Trans Fat	0
Cholesterol	0
Sodium	140mg
Total Carb.	19g
Fiber	7g
Sugar	2g
Protein	7g



Nutrition Facts	
Pinto	
Serving Size	1/2 cup
Amount Per Serving	
Calories	98
Total Fat	1g
Saturated Fat	0
Trans Fat	0
Cholesterol	0
Sodium	140mg
Total Carb.	18g
Fiber	6g
Sugar	1g
Protein	6g



Nutrition Facts	
Vegetarian	
Serving Size	1/2 cup
Amount Per Serving	
Calories	110
Total Fat	1g
Saturated Fat	0
Trans Fat	0
Cholesterol	0
Sodium	140mg
Total Carb.	20g
Fiber	5g
Sugar	5g
Protein	7g



Nutrition Facts	
Refried	
Serving Size	1/2 cup
Amount Per Serving	
Calories	110
Total Fat	0
Saturated Fat	0
Trans Fat	0
Cholesterol	0
Sodium	140mg
Total Carb.	20g
Fiber	5g
Sugar	1g
Protein	7g



Nutrition Facts	
Lima	
Serving Size	1/2 cup
Amount Per Serving	
Calories	95
Total Fat	0
Saturated Fat	0
Trans Fat	0
Cholesterol	0
Sodium	140mg
Total Carb.	18g
Fiber	6g
Sugar	0
Protein	6g



Nutrition Facts	
Great Northern	
Serving Size	1/2 cup
Amount Per Serving	
Calories	149
Total Fat	1g
Saturated Fat	0
Trans Fat	0
Cholesterol	0
Sodium	140mg
Total Carb.	28g
Fiber	6g
Sugar	2g
Protein	10g



Nutrition Facts	
Black-Eyed Pea	
Serving Size	1/2 cup
Amount Per Serving	
Calories	92
Total Fat	1g
Saturated Fat	0
Trans Fat	0
Cholesterol	0
Sodium	140mg
Total Carb.	16g
Fiber	4g
Sugar	0
Protein	6g