

# Black Turtle Beans

Item Number: 742047

Ingredients: Black Beans.

<b>Nutrition Facts</b>	
Serving Size ¼ c. (dry) (38g)	
Servings Per Container varies	
<b>Amount Per Serving</b>	
<b>Calories 70</b>	<b>Calories from Fat 0</b>
<hr/>	
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 20mg</b>	<b>1%</b>
<b>Total Carbohydrate 23g</b>	<b>8%</b>
Dietary Fiber 15g	<b>60%</b>
Sugars 1g	
<b>Protein 9g</b>	
<hr/>	
Vitamin A 0%	○ Vitamin C 0%
Calcium 4%	○ Iron 15%
<hr/>	
*Percent Daily Values are based on a 2,000 calorie diet.	