

Beans, Black-Eyed Peas
Serving Size



(167g) grams
Amount Per Serving

Calories **560**

	% Daily Value *
Total Fat 2 g	3%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 25 mg	1%
Total Carbohydrate 100 g	36%
Dietary Fiber 18 g	63%
Total Sugars 12 g	
Includes 0 g Added Sugars	0%
Protein 39 g	
Vitamin D 0 mcg	0%
Calcium 184 mg	15%
Iron 14 mg	80%
Potassium 1860 mg	40%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Allergens:
Ingredients:

