

## Beans, Black-Eyed Peas

### Serving Size

(167g) grams

Amount Per Serving

**Calories** **560**

	% Daily Value *
<b>Total Fat</b> 2 g	<b>3%</b>
Saturated Fat 0.5 g	<b>3%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 25 mg	<b>1%</b>
<b>Total Carbohydrate</b> 100 g	<b>36%</b>
Dietary Fiber 18 g	<b>63%</b>
Total Sugars 12 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 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: