

Beans, Chinese Long
Serving Size

(167g) grams

Amount Per Serving

Calories **580**

	% Daily Value *
Total Fat 2 g	3%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 30 mg	1%
Total Carbohydrate 103 g	38%
Dietary Fiber 18 g	66%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 41 g	
Vitamin D 0 mcg	0%
Calcium 230 mg	20%
Iron 14 mg	80%
Potassium 1930 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: