

# Black Turtle Beans

## Nutrition Facts Valeur nutritive

Per 50g (50 g) / pour 50g (50 g)

Amount Teneur	% Daily Value % valeur quotidienne
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<b>Calories / Calories</b> 170	
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<b>Fat / Lipides</b> 0.5 g	<b>1 %</b>
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Saturated / saturés 0.1 g	<b>1 %</b>
+ Trans / trans 0 g	

<b>Cholesterol / Cholestérol</b> 0 mg	
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<b>Sodium / Sodium</b> 5 mg	<b>0 %</b>
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<b>Carbohydrate / Glucides</b> 32 g	<b>11 %</b>
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Fibre / Fibres 8 g	<b>32 %</b>
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Sugars / Sucres 1 g	
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<b>Protein / Protéines</b> 11 g	
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Vitamin A / Vitamine A	0 %
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Vitamin C / Vitamine C	0 %
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Calcium / Calcium	8 %
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Iron / Fer	30 %
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INGREDIENTS: BLACK TURTLE BEANS.  
100% ORGANIC, ONTARIO-GROWN

INGRÉDIENTS: HARICOTS DE TORTUE  
NOIRE