

Black Beans

(Canned)

Nutrition Facts Valeur nutritive

Per 250ml (172g)/ pour 250ml (172g)

Amount	% Daily Value
Teneur	% valeur quotidienne

Calories / Calories 220

Fat / Lipides 0.5 g **1 %**

Saturated / saturés 0.2 **1 %**
+ Trans / trans 0 g

Cholesterol / Cholestérol 0 mg

Sodium / Sodium 5 mg **0 %**

Potassium / Potassium 0 mg **0 %**

Carbohydrate / Glucides 40 g **15 %**

Fibre / Fibres 10 g **36 %**

Sugars / Sucres 1 g

Protein / Protéines 14 g

Vitamin D / Vitamine D 0 %

Calcium / Calcium 26 mg 2 %

Iron / Fer 3.6 mg 20 %

INGREDIENTS: ORGANIC BLACK BEANS, WATER
MAY CONTAIN TRACES OF SOY, BARLEY, WHEAT, OR RYE.

INGRÉDIENTS: HARICOTS NOIRS BIOLOGIQUES, EAU.
PEUT CONTENIR SOYA, ORGE, BLE OU SEIGLE.