

BLACK BEAN MASALA

Nutrition Facts

1 serving per container

Serving size **About 3/4 cup (84g)**

Amount Per Serving

Calories **290**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 460mg **20%**

Total Carbohydrate 54g **20%**

Dietary Fiber 12g **43%**

Total Sugars 5g

Includes 1g Added Sugars **2%**

Protein 18g

Vit. D 0mcg 0% • Calcium 120mg 10%

Iron 3.6mg 20% • Potas. 1310mg 30%

* 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.