

	Item: <b>Organic Garbanzo Beans, 50 lb bags</b>	
	Item#: R10205	Rev: A

Effective Date: 07/27/2009
Doc #: NDS-R10205

# Nutrition Facts

Serving Size 100 grams (100 grams)

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**Amount Per Serving**

**Calories 364**                      **Calories from Fat 51**

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**% Daily Value\***

<b>Total Fat 6g</b>	9%
Saturated Fat 1g	3%
Trans Fat	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 24mg</b>	1%
<b>Total Carbohydrate 61g</b>	20%
Dietary Fiber 17g	70%
Sugars 11g	
<b>Protein 19g</b>	

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Vitamin A                      1% • Vitamin C                      7%

Calcium                      11% • Iron                      35%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

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Calories per gram:  
Fat 9                      •                      Carbohydrate 4                      •                      Protein 4

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NOTE: This nutritional information is provided as a typical analysis for this product type. It is not meant to specifically represent the lot that is purchased.

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