


Nutritional Data Sheet

	Item: Organic Black-Eyed Peas, 25 lb bags	
	Item#: R10009	Rev: A

Effective Date: 08/04/2009
Doc #: NDS-R10009

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving

Calories 336 **Calories from Fat** 11

% Daily Value*

Total Fat 1g	2%
Saturated Fat 0g	2%
Trans Fat	
Cholesterol 0mg	0%
Sodium 16mg	1%
Total Carbohydrate 60g	20%
Dietary Fiber 11g	42%
Sugars 7g	
Protein 24g	

Vitamin A	1%	•	Vitamin C	2%
Calcium	11%	•	Iron	46%

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

		Calories	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

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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