

White Kidney Beans (Cannellini Beans)

Nutrition Facts	
Serving Size ½ cup: (100 gm.)	
Amount	% Daily Value *
Calories 348	
Fat 1.0g.	2 %
Saturated Fat 0 g.	0 %
Trans fat 0 g.	
Cholesterol 0 mg.	0 %
Sodium 12 mg.	0 %
Carbohydrate 60 g.	20 %
Fiber 21 g.	84 %
Sugar 0 g.	
Protein 20 g.	
Vitamin A	0%
Vitamin C	0%
Calcium	15%
Iron	40%