

Cranberry Beans (Romano Beans)

Nutrition Facts	
Serving Size ½ cup: (100 gm.)	
Amount	% Daily Value *
Calories 360	
Fat 1.5g.	2 %
Saturated Fat 0 g.	0 %
Trans fat 0 g.	
Cholesterol 0 mg.	0 %
Sodium 5 mg.	0 %
Carbohydrate 63 g.	21 %
Fiber 20 g.	80 %
Sugar 0 g.	
Protein 23 g.	
Vitamin A	0%
Vitamin C	0%
Calcium	4%
Iron	30%