

# Nutrition Facts

Serving Size 4 Ounce

Mexican Pinto Beans

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## Amount Per Serving

**Calories** 107.2

Calories from Fat 0

**% Daily Value\***

**Total Fat** 0.5g **1%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 321.4mg **13%**

**Total Carbohydrates** 18.8g **6%**

Dietary Fiber 4.5g **18%**

Sugars 0.9g

**Protein** 6.3g

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Vitamin A **0%**

Vitamin C **0%**

Calcium **4%**

Iron **10%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.