



Bean Brand Foods
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Beanitos® Black Bean Chips

- ALWAYS CORN FREE
- GLUTEN, WHEAT and SOY FREE
- LOW GLYCEMIC • HIGH FIBER
- 4g COMPLETE PROTEIN
- TRANS FAT FREE • CHOLESTEROL FREE
- NON-GMO • KOSHER

Nutrition Facts

Serving Size 1oz
 Servings Per Container 6

Amount Per Serving

Calories 140 Calories From Fat 60

% Daily Value*

Total Fat 7g 11%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 55mg 2%

Total Carbohydrate 15g 5%

Dietary Fiber 5g 20%

Sugars 0g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 6%

* 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
Dietary Fiber	25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Whole Black Beans, Whole Grain Rice (Brown and/or Long Grain White), Pure Sunflower Oil, Bean Gum, Sea Salt.

Allergy Information: Made in a facility that may also use soy, dairy, seeds, wheat, corn and tree nuts.

