



## Cento Black Beans

12/19 oz (UPC 70796-80007)

Cento Black Beans are the perfect healthy addition to your favorite soup, salad or chili recipe. Delicious while also being nutritious, black beans are gluten-free, high in fiber, and a good source of protein all while being low in fat.

### Nutrition Facts

**Serving size** 100g

**Amount per serving**

**Calories** 92

**% Daily Value\***

**Total Fat** 0g 1%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 146mg 6%

**Total Carbohydrate** 17g 6%

Dietary Fiber 5g 16%

Total Sugar 1g

Includes 0g Added Sugars 0%

**Protein** 6g

Vit. D 0.0mcg 0% Calcium 38mg 3%

Iron 1.4mg 8% Potas. 408mg 8%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Prepared Black Beans, Water, Salt.

- High in Fiber
- Low in Fat
- Good Source of Protein



Each 1/2 cup (130g) portion contains:

| CALORIES      | FAT  | CARBS | SODIUM |
|---------------|------|-------|--------|
| 120           | 0.5g | 22g   | 190mg  |
| % Daily Value | 1%   | 8%    | 8%     |

*"Trust Your Family With Our Family"*

Updated: 08/25/26