

Blackeye peas (cowpeas)

Nutrition Facts

Serving Size: ½ cup cooked blackeye
peas (83g)

Calories 80

Calories from Fat 3

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 3mg 0%

Total Carbohydrate 17g 6%

Dietary Fiber 4g 16%

Sugars 3g

Protein 3g

Vitamin A 13%

Calcium 11%

Vitamin C 3%

Iron 5%

Other nutrients: Vitamin K (28%), Folate (26%),
Magnesium (11%), Potassium (10%), Riboflavin
(7%), Niacin (6%), Thiamin (5%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11192

Kidney beans

Nutrition Facts

Serving Size: ½ cup cooked kidney
beans (89g)

Calories 110

Calories from Fat 1

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 4mg 0%

Total Carbohydrate 20g 7%

Dietary Fiber 8g 33%

Sugars 3g

Protein 8g

Vitamin A 0% Calcium 6%

Vitamin C 2% Iron 15%

Other nutrients: Folate (16%), Potassium (11%),
Magnesium (10%), Thiamin (7%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 16031

