

Beans Nutritional Information Comparison

Comparación de Información Nutritiva de Frijoles

ID	Product	Sv. Size	Weight	Calories	Fat Cal.	Total Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Pro (g)	Vit A %DV	Vit C %DV	Ca %DV	Iron %DV
123	Beans, black	4.25 oz spoon	120 g	140	15	2	0	0	420	24	8	2	7	0	0	0	10
124	Beans, refried	4.25 oz spoon	120 g	180	30	3.5	1	0	480	24	5	1	7	0	4	8	10
125	Beans, whole pinto	4.25 oz spoon	120 g	90	0	0	0	0	200	20	8	1	8	0	0	4	15

© Taco Del Mar. All Rights Reserved. | Terms & Conditions | Privacy Policy
Web Development by www.ThorLoki.com



¿refritos
o
de la olla?

