

Recipe : Cowboy Beans Mix (1 serving = 19.6g mix)

**Per Serving Nutritional Information**

Calories (kcal):	73.1	% Calories from Fat:	2.1%
Total Fat (g):	0.2	% Calories from Carb.:	93.2%
Saturated Fat (g):	0.0	% Calories from Protein:	4.8%
Monounsaturated Fat (g):	0.0	% Refuse	0.0%
Polyunsaturated Fat (g):	0.0	Vitamin C (mg):	26
Cholesterol (mg):	0	Vitamin A (i.u.):	241
Carbohydrate (g):	18.4	Vitamin B6 (mg):	0.13
Dietary Fiber (g):	0.8	Vitamin B12 (mcg):	0
Protein (g):	0.9	Thiamin B1 (mg):	0.05
Sodium (mg):	205	Riboflavin B2 (mg):	0.03
Potassium (mg):	157	Folacin (mcg):	13.5
Calcium (mg):	20	Niacin (mg):	0.2
Iron (mg):	0.3	Caffeine (mg):	0.0
Zinc (mg):	0.2	Alcohol (g):	0.0

**Daily Values**

		<b>% Daily Value 2000 Calorie Diet</b>	<b>% Daily Value 2500 Calorie Diet</b>
Total Fat (g):	0.2	0%	0%
Saturated Fat (g):	0.0	0%	0%
Cholesterol (mg):	0	0%	0%
Sodium (mg):	205	9%	9%
Carbohydrate (g):	18.4	6%	5%
Dietary Fiber (g):	0.8	3%	3%
Protein (g):	0.9	2%	2%
Vitamin A: 4%	Vitamin C: 43%	Calcium: 2%	Iron: 1%