



D I V E R S I F O O D
A S S O C I A T E S , I N C .

Fordhook Lima Beans

Nutritional Information

Nutrition Facts

Serving Size: 1/2 cup (83 grams)

Servings Per Container:

2 1/2 lb. Package: 13

20 lb. Package: 109

Amount Per Serving

Calories: 110 Calories From Fat: 0

	% Daily Value*
Total Fat 0.0g	0%
Saturated Fat 0.0g	0%
Trans Fat 0.0g	
Cholesterol 0.00mg	0%
Sodium 240mg	10%
Total Carbohydrates 20g	7%
Dietary Fiber 5.00g	20%
Sugars 2.00g	
Protein 6.00g	

Vitamin A 0%

Vitamin C 20%

Calcium 4%

Iron 8%

*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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