

Nutrition Facts: Protein



Black Beans

Ingredients:

Black Beans

Nutrition Facts	
Serving Size 172 g	
Amount Per Serving	
Calories 227	Calories from Fat 8
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 41g	14%
Dietary Fiber 15g	60%
Sugars	
Protein 15g	
Vitamin A 0%	Vitamin C 0%
Calcium 5%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	



Hot Dogs

Ingredients:

Beef, water, salt, dextrose, mustard, paprika, garlic, sodium phosphate, nonfat dry milk, spices, sodium ascorbate, sodium nitrite.

Nutrition Facts	
Serving Size 1 Frank (78g)	
Servings Per Container 4	
Amount Per Serving	
Calories 200	Calories from Fat 140
% Daily Value*	
Total Fat 16g	24%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 570mg	23%
Total Carbohydrate 2g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 12g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 10%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	