

Nutrition Facts

Garbanzo Beans Serving size (100g)

Amount Per Serving

Calories

160

	www.ihcare.ae	% Daily Value*
Total Fat 2.5g		3%
Saturated Fat 0g		0%
<i>Trans</i> Fat 0g		
Cholesterol 0mg		0%
Sodium 5mg		0%
Total Carbohydrate 27g		10%
Dietary Fiber 8g		29%
Total Sugars 5g		
Includes 0g Added Sugars		0%
Protein 9g		18%
Vitamin D 0mcg		0%
Calcium 49mg		4%
Iron 2.9mg		15%
Potassium 0mg		0%
Vitamin A 1mcg		0%
Vitamin C 1.3mg		2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.