



## NUTRITION INFORMATION



	Serving Size (g)	Household Measurement	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV	Phosphorus %DV	Magnesium %DV	
<b>Ranch Style® Beans</b>																					
Black Beans	129	1/2 cup	110	5	0.5	0	0	0	400	440	19	7	<1	6	0	0	4	10	10	VNA*	
Blackeye Peas Seasoned with Bacon	129	1/2 cup	100	0	0	0	0	0	520	260	20	3	2	6	0	0	2	6	10	VNA*	
Pinto Beans	127	1/2 cup	100	0	0	0	0	0	580	370	20	6	3	6	0	0	2	8	10	10	
Pinto Beans with Jalapeño Peppers	127	1/2 cup	110	5	0.5	0	0	0	650	370	20	7	2	6	0	0	4	10	10	VNA*	
Ranch Style Beans	131	1/2 cup	130	25	3	1	0	0	580	420	20	7	2	6	8	0	4	10	VNA*	VNA*	
Ranch Style Beans with Chopped Sweet Onions	133	1/2 cup	130	25	3	1	0	<5	590	440	21	7	2	6	8	0	4	8	10	10	
Ranch Style Beans with Sliced Jalapeno Peppers	132	1/2 cup	120	15	2	0.5	0	0	700	400	20	7	2	6	6	0	6	10	10	VNA*	



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<b>Rosarita® Beans</b>																					
Chili Beans	131	1/2 cup	130	0	0.5	0	0	0	370	470	24	8	2	7	0	2	6	10	15	VNA*	VNA*
Dark Red Kidney Beans	129	1/2 cup	110	0	0	0	0	0	150	VNA*	20	7	<1	8	0	2	4	10	VNA*	VNA*	VNA*
Low Fat Black Beans Refried Beans	128	1/2 cup	110	0	0	0	0	0	560	420	19	6	<1	7	0	0	2	10	10	10	15
No Fat Green Chile & Lime Refried Beans	128	1/2 cup	100	0	0	0	0	0	580	400	19	6	<1	7	0	0	2	10	10	10	15
No Fat Traditional Refried Beans	128	1/2 cup	100	0	0	0	0	0	520	400	18	6	<1	6	0	2	4	15	10	10	20
No Fat Zesty Salsa Refried Beans	128	1/2 cup	100	0	0	0	0	0	600	420	19	6	<1	6	0	0	2	6	10	10	15
Spicy Jalapeño Refried Beans	128	1/2 cup	120	20	2.5	1	0	0	580	380	18	6	<1	6	0	0	2	10	10	10	15
Traditional Refried Beans	128	1/2 cup	120	20	2.0	1	0	0	520	410	18	6	<1	6	0	2	4	10	10	10	10
Vegetarian Refried Beans	128	1/2 cup	120	20	2	0	0	0	540	390	19	6	<1	6	0	0	2	10	10	10	15
Whole Black Beans	127	1/2 cup	110	0	0.5	0	0	0	390	430	18	7	<1	6	0	0	4	10	15	15	20
Whole Pinto Beans	127	1/2 cup	120	0	0	0	0	0	240	370	22	7	1	6	0	2	6	10	VNA*	VNA*	VNA*

According to the 2010 Dietary Guidelines for Americans, 1/2 cup of cooked beans may be counted as 2 ounce-equivalents of protein foods. VNA\* = Values not currently available.

Nutrition information updated January 10, 2011. For most current information always check the Nutrition Facts panel on the product. Visit [www.ConAgraFoodsScienceInstitute.com](http://www.ConAgraFoodsScienceInstitute.com) for additional nutrition information.



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	Serving Size (g)	Household Measurement	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV	Folic Acid %DV	Phosphorus %DV	Magnesium %DV	Zinc %DV	Manganese %DV
<b>Wolf® Brand Chili</b>																							
Chili Hot no Beans	248	1 cup	400	250	28	11	1.5	55	950	660	19	5	2	19	25	4	6	15	6	25	10	10	15
Chili Hot with Beans	254	1 cup	360	170	19	8	1	40	1100	750	29	9	3	18	25	0	8	15	6	20	6	15	20
Chili Mild no Beans	248	1 cup	400	250	28	11	1.5	55	950	660	19	5	2	19	25	4	6	15	6	25	10	10	15
Chili Mild with Beans	254	1 cup	350	170	19	8	1	40	1050	710	25	8	3	18	25	0	8	15	VNA*	25	6	6	10
Chili no Beans	248	1 cup	400	250	28	11	1.5	50	950	660	19	5	2	19	25	4	6	15	6	25	10	10	15
Chili with Beans	254	1 cup	350	170	19	8	1	40	960	710	25	8	3	18	25	0	8	15	VNA*	25	6	6	10
Homestyle with Beans	244	1 cup	290	130	14	5	0	30	870	760	27	8	11	15	25	0	8	15	VNA*	VNA*	VNA*	VNA*	VNA*
Hot Dog Sauce	30	2 Tbsp	30	10	1	0	0	0	140	60	4	1	0	1	4	0	0	2	VNA*	VNA*	VNA*	VNA*	VNA*
Lean Beef no Beans	255	1 cup	210	50	6	2	0	65	950	650	17	5	3	23	25	0	6	15	8	25	10	25	25
Lean Beef with Beans	255	1 cup	250	45	5	2	0	45	1250	810	30	9	3	20	25	0	8	20	10	25	15	25	15
Turkey no Beans	250	1 cup	180	25	2.5	0.5	0	35	1270	640	15	4	2	24	25	0	8	15	6	20	6	10	20
Turkey with Beans	254	1 cup	230	25	2.5	0.5	0	25	1080	810	29	10	3	23	25	0	8	15	8	25	8	10	30



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<b>Van Camp's® Beans</b>																	
Baked Beans Hickory & Bacon	137	1/2 cup	170	10	1	0	0	0	470	32	5	12	7	0	0	4	10
Baked Beans Homestyle	142	1/2 cup	160	10	1	0	0	0	470	30	5	11	7	0	0	4	10
Baked Beans Original	135	1/2 cup	160	10	1	0	0	0	510	30	5	11	7	0	0	4	10
Beanee Weenee Baked	220	1 can	290	70	8	2.5	0	40	1160	42	6	18	13	0	0	10	20
Beanee Weenee Original	220	1 can	240	70	8	3	0	40	990	29	8	8	14	0	0	10	15
Beanee Weenee Smoked Hickory	220	1 can	320	80	9	3.5	0	40	1140	45	8	20	14	0	0	10	20
Chili No Beans	248	1 cup	390	230	26	11	1.5	50	1080	20	6	3	20	15	2	6	20
Chili with Beans	253	1 cup	350	160	18	8	0.5	35	900	31	7	2	17	15	0	4	10
Dark Red Kidney Beans	129	1/2 cup	90	0	0	0	0	0	730	19	6	3	7	0	0	4	8
New Orleans Style Red Kidney Beans	130	1/2 cup	90	0	0	0	0	0	450	19	6	1	6	0	0	6	10
Pork and Beans Maple & Brown Sugar	142	1/2 cup	160	10	1	0	0	0	440	30	8	8	7	0	0	6	10
Pork and Beans Original	130	1/2 cup	110	10	1	0	0	0	390	23	6	7	6	0	0	4	8
Pork and Beans Smoked Chipotle	140	1/2 cup	140	10	1	0	0	0	430	25	8	4	7	0	0	6	10
Pork and Beans Sweet Onion	141	1/2 cup	140	10	1	0	0	0	460	26	9	4	8	0	0	6	10

According to the 2010 Dietary Guidelines for Americans, ½ cup of cooked beans may be counted as 2 ounce-equivalents of protein foods.  
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