

Company: Mariko Foods  
 Item: Bean Spread (Georgian Style)  
 Pack: 13 oz (368.5g)

**NUTRITION COMPOSITION**

Mariko Bean Spread Georgian Style

Serving Size: 2 tbsp (34g)

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
<b>Basic Components</b>			Vitamin B12 (mcg)	0	0
Calories (kcal)	28.02	83.01	Vitamin C (mg)	3.92	11.61
Calories from Fat (kcal)	0.72	2.13	Vitamin D - IU (IU)	0	0
Protein (g)	1.92	5.70	Vitamin D - mcg (mcg)	0	0
Carbohydrates (g)	5.29	15.66	Vitamin E - IU (IU)	0.12	0.34
Dietary Fiber (g)	1.91	5.67	Folate (mcg)	17.87	52.93
Total Sugars (g)	0.49	1.44	Vitamin K (mcg)	30.26	89.66
Fat (g)	0.08	0.24	Pantothenic Acid (mg)	0.07	0.20
Saturated Fat (g)	0.01	0.04	<b>Minerals</b>		
Mono Fat (g)	0.02	0.05	Calcium (mg)	16.85	49.92
Poly Fat (g)	0.03	0.08	Copper (mg)	0.06	0.17
Trans Fatty Acid (g)	0	0	Iron (mg)	0.72	2.12
Cholesterol (mg)	0	0	Magnesium (mg)	10.32	30.58
Water (g)	25.63	75.95	Manganese (mg)	0.09	0.26
Gram Weight (g)	33.75	100.00	Molybdenum (mcg)	13.32	39.45
Ash (g)	0.83	2.46	Phosphorus (mg)	30.07	89.11
<b>Vitamins</b>			Potassium (mg)	102.85	304.75
Vitamin A - IU (IU)	363.46	1076.92	Selenium (mcg)	0.47	1.40
Vitamin A - RE (RE)	36.35	107.69	Sodium (mg)	173.06	512.77
Beta-Carotene (mcg)	213.47	632.51	Zinc (mg)	0.21	0.61
Vitamin B1 (mg)	0.02	0.07	<b>Other Fats</b>		
Vitamin B2 (mg)	0.02	0.06	Omega 3 Fatty Acid (g)	0.01	0.03
Vitamin B3 (mg)	0.16	0.49	Omega 6 Fatty Acid (g)	0.02	0.04
Vitamin B6 (mg)	0.04	0.12			

*Nutritional values shown represent the composition of this product based on data submitted by the manufacturer and their suppliers. Nutritional values are based on the product formulation and is comprised of data compiled from the United States Department of Agriculture and suppliers. NutriData guarantees the accuracy of the analysis based on the information supplied by the manufacturer(s). As a mutual protection to clients, the public and ourselves, all reports are submitted as the confidential property of the client.*

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<b>Nutrition Facts</b>	
Serving Size 2 tbsp (34g)	
Servings Per Container about 11	
<b>Amount Per Serving</b>	
<b>Calories 30</b>	
	<small>% Daily Value*</small>
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
<b>Protein</b> 2g	
Vitamin A 8%	• Vitamin C 6%
Iron 4%	
<small>Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, sugars and calcium.</small>	
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

**INGREDIENTS:** KIDNEY BEANS, ONION, CILANTRO, PARSLEY, CELERY, GARLIC, SALT, SPICE MIX (CORRIANDER, FENUGREEK, PAPRIKA, FENNEL, DILL, MARIGOLD, SAVORY, BASIL, MARJORAM, PEPPER, HYSSOP, THYME), CITRIC ACID, CHILI PEPPERS, SUGAR.