

## Ingredients

Here is the Trader Joe's Garbanzo Bean label with hyperlinks for the nutrition facts:

**\*\*Trader Joe's\*\***

[Organic Garbanzo

Beans](<https://www.traderjoes.com/digin/post/organic-garbanzo-beans>)

[Made with Sea

Salt](<https://www.traderjoes.com/home/products/pdp/organic-garbanzo-beans-made-with-sea-salt-057265>)

Ingredients: [Organic garbanzo beans](<https://en.wikipedia.org/wiki/Chickpea>),  
[water](<https://en.wikipedia.org/wiki/Water>), [sea  
salt]([https://en.wikipedia.org/wiki/Sea\\_salt](https://en.wikipedia.org/wiki/Sea_salt))

## Nutrition Facts

Serving Size: 1/2 cup (125g)

Servings per Container: About 2

## Amount Per Serving

[Calories](<https://medlineplus.gov/calories.html>) 120

[Calories from

Fat](<https://healthyeating.sfgate.com/mean-calories-fat-food-label-8704.html>) 5

% Daily Value\*

[Total Fat](<https://medlineplus.gov/ency/patientinstructions/000104.htm>) 0g 0%

[Saturated

Fat](<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/saturated-fats>)

0g 0%

Trans Fat 0g

[Cholesterol](<https://medlineplus.gov/cholesterol.html>) 0mg 0%

[Sodium](<https://medlineplus.gov/sodium.html>) 60mg 2%

[Total Carbohydrate](<https://medlineplus.gov/carbohydrates.html>) 22g 8%

[Dietary Fiber](<https://medlineplus.gov/dietaryfiber.html>) 3g 12%

Sugars 0g

[Protein](<https://medlineplus.gov/proteinin diet.html>) 7g

[Vitamin A](<https://ods.od.nih.gov/factsheets/VitaminA-HealthProfessional/>) 4%

[Vitamin C](<https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/>) 6%

[Calcium](<https://ods.od.nih.gov/factsheets/Calcium-HealthProfessional/>) 2%  
[Iron](<https://ods.od.nih.gov/factsheets/Iron-HealthProfessional/>) 6%

\\*Percent Daily Values are based on a 2,000 calorie diet.