Pulses Nutrition Facts* *Per Half-Cup Cooked Serving*

BEANS	Calories	Total Fat	Sodium	Carbs	Fiber	Protein	Iron	Potassium	Magnesium	Folate
Black	110	0.5g	<1mg	20g	8g	8g	1.8mg	306mg	60mg	128mcg
Black-Eyed Peas	100	0.5g	15mg	17g	3g	7g	1.8mg	230mg	82mg	121mcg
Kidney	110	0g	<2mg	20g	7g	8g	2.6mg	357mg	40mg	115mcg
Lima	110	0g	<2mg	20g	7g	7g	2.2mg	478mg	40mg	78mcg
Navy	130	<1g	0mg	24g	10g	8g	2.2mg	354mg	48mg	128mcg
Pinto	125	<1g	<1mg	22g	8g	8g	1.8mg	373mg	43mg	147mcg

CHICKPEAS	Calories	Total Fat	Sodium	Carbs	Fiber	Protein	Iron	Potassium	Magnesium	Folate
Large	130	2g	5.8mg	23g	6g	7g	2mg	239mg	39mg	141mcg

LENTILS	Calories	Total Fat	Sodium	Carbs	Fiber	Protein	Iron	Potassium	Magnesium	Folate
Green	115	<0.5g	<2mg	20g	8g	9g	3.3mg	366mg	36mg	179mcg
Red	170	0g	0mg	28g	5g	12g	4mg	277mg	25mg	98mcg
Small Brown	110	0g	0mg	20g	8g	9g	3mg	365mg	36mg	179mcg

DRY PEAS	Calories	Total Fat	Sodium	Carbs	Fiber	Protein	Iron	Potassium	Magnesium	Folate
Split Green	115	<0.5g	<2mg	21g	8g	8g	1.3mg	355mg	35mg	64mcg
Split Yellow	115	<0.5g	<2mg	21g	8g	8g	1.3mg	355mg	35mg	64mcg
Whole Green	115	<0.5g	<2mg	21g	8g	8g	1.3mg	355mg	35mg	64mcg
Whole Yellow	115	<0.5g	<2mg	21g	8g	8g	1.3mg	355mg	35mg	64mcg

**Nutritional information sourced from the USDA Nutrient Database. For more nutrition information, visit the Nutrition Professionals page at USAPulses.org.*