

RD KITCHEN

MARCH 2018

ONE^{on}**ONE**
NUTRITION

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ON THE MENU: BEAN CRISPS



THE NUTRITION

High in protein and fiber: made with black beans and split peas for a natural protein and fiber source.

Good source of iron: a key nutrient in transporting oxygen throughout the body.

Low in calories and fat: these crisps are baked instead of fried, which provides a crunchy texture without added fat.

THE USES

Crunchy, salty snack: ditch the chips for a healthier alternative!

Salad topper: crumble them up and give your salad some variety with this crunchy topping.

BEAN CRISPS

Flavors available:

- Cha-Cha Chili
- Saucy Salsa (Verde)
- Salt of the Earth



Nutrition information per serving (19 chips):

100 calories, 18 grams of carbohydrate,
4.5 grams of protein, 2.5 grams of fat,
3 grams of fiber, 1 gram sugar, 140 mg sodium

You can find Bean Crisps in the natural and organic sections of Wegmans and GIANT!