



NUTRITION FACTS: THE RECIPE COLLECTION

Pinquito Beans

With Onion & Cumin

Nutrition Facts	
Serving Size ½ cup (130g)	
Servings Per Container about 3½	
Amount Per Serving	
Calories	110
Calories from Fat	5
Amount Per Serving	%Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 490mg	20%
Total Carbohydrate 20g	7%
Dietary Fiber 6g	24%
Sugars 2g	
Protein 6g	
Vitamin A 2% • Vitamin C 0%	
Calcium 6% • Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS: Prepared Small Pinquito Beans, Water, Salt, Sugar, Ground Chili Peppers, Dehydrated Onions, Cumin, Dehydrated Garlic, Calcium Disodium EDTA (To Protect Color), Cayenne Pepper, Calcium Chloride.

Jalapeno Black Beans

With Lime Juice

Nutrition Facts	
Serving Size ½ cup (130g)	
Servings Per Container about 3½	
Amount Per Serving	
Calories	130
Calories from Fat	15
Amount Per Serving	%Daily Value*
Total Fat 1.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 520mg	22%
Total Carbohydrate 21g	7%
Dietary Fiber 8g	34%
Sugars 2g	
Protein 7g	
Vitamin A 0% • Vitamin C 0%	
Calcium 6% • Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS: Prepared Black Beans, Water, Jalapeno Pepper (Jalapeno Pepper, Water, Vinegar, Salt, Calcium Chloride, Garlic), Sugar, Vinegar, Salt, Soybean Oil, Onion Powder, Garlic Powder, Lime Juice Concentrate, Spice.

Cuban Recipe Black Beans

With Onions, Peppers & Cumin

Nutrition Facts	
Serving Size ½ cup (130g)	
Servings Per Container about 3½	
Amount Per Serving	
Calories	110
Calories from Fat	10
Amount Per Serving	%Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 550mg	23%
Total Carbohydrate 18g	6%
Dietary Fiber 7g	28%
Sugars 2g	
Protein 6g	
Vitamin A 0% • Vitamin C 0%	
Calcium 4% • Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS: Prepared Black Beans, Water, Red Bell Pepper, Anaheim Chili Peppers, Onion, Salt, Modified Corn Starch, Sugar, Onion Powder, Garlic Powder, Lime Juice Concentrate, Blend Of Chili Peppers, Spices, Natural Flavors, Calcium Chloride.

Chipotle Pinto Beans

Nutrition Facts	
Serving Size ½ cup (130g)	
Servings Per Container about 3½	
Amount Per Serving	
Calories	120
Calories from Fat	5
Amount Per Serving	%Daily Value*
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 520mg	22%
Total Carbohydrate 22g	7%
Dietary Fiber 5g	20%
Sugars 1g	
Protein 7g	
Vitamin A 2% • Vitamin C 2%	
Calcium 6% • Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS: Prepared Beans, Water, Tomato Paste, Salt, Food Starch-Modified, Ground Chipotle Pepper Powder, Onion Powder, Spice, Garlic Powder, Citric Acid, Mesquite Smoke Flavor, Calcium Disodium EDTA (To Protect Color).