



**Black Bean - As Packaged**

BLACK BEANS, VEGETABLE STOCK (water, vegetable base [salt, yeast extract, sugar, dextrose, soybean oil, onion powder, cornstarch, tomato powder, celery powder, garlic powder, paprika, black pepper, caramel color, turmeric]), DICED TOMATOES IN JUICE (tomatoes, tomato juice, citric acid, calcium chloride), ONIONS, CARROTS, CELERY, TOMATO PASTE, CANOLA OIL, MODIFIED CORNSTARCH, ENRICHED FLOUR (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), CULTURED DEXTROSE ON MALTODEXTRIN, CILANTRO, GARLIC, SPICES, SEASONING SALT (salt, sugar, paprika, dehydrated onion, dehydrated garlic, spices, chili pepper), HOT SAUCE (aged cayenne red peppers, vinegar, salt, garlic), CITRIC ACID.

THIS PRODUCT CONTAINS: WHEAT

**As Prepared**

<b>Nutrition Facts</b>	
Serving Size 1 Cup Prepared (245g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 170</b>	<b>Calories from Fat 25</b>
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 930mg</b>	<b>39%</b>
<b>Total Carbohydrate 28g</b>	<b>9%</b>
Dietary Fiber 6g	<b>22%</b>
Sugars 7g	
<b>Protein 7g</b>	
Vitamin A 35%	• Vitamin C 6%
Calcium 6%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g