



Dehydrated Refried Beans



Serving Suggestion
Photo Enlarged to Show Texture

DIRECTIONS:

For 2 Servings bring 1 cup water to boil. Stir in 1 1/2 cups of beans. Cover and simmer 5 minutes.

INGREDIENTS:

Pinto Beans, Salt, Onion.

ALLERGENS: None.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

Nutrition Facts

Serving Size 2/3 cup dry (52g)
Servings Per Container 4

Amount Per Serving

Calories 190 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 670mg **28%**

Total Carbohydrate 33g **11%**

Dietary Fiber 11g **44%**

Sugars 0g

Protein 11g

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 15%

* 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
Sat 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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

NET WT 7.3 OZ (208g)

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