



Nutrition Facts

about 3 servings per container

Serving Size

1/2 cup (115 g)

	Per serving		Per container	
Calories	120		360	
	% DV*		% DV*	
Total Fat	2.5 g	3 %	7 g	9 %
Saturated Fat	0.5 g	3 %	2 g	10 %
Trans Fat	0 g		0 g	
Cholesterol	0 mg	0 %	5 mg	2 %
Sodium	270 mg	12 %	800 mg	35 %
Total Carbohydrate	22 g	8 %	65 g	24 %
Dietary Fiber	4 g	14 %	10 g	36 %
Total Sugars	9 g		26 g	
Incl Added Sugars	4 g	8 %	11 g	22 %
Protein	4 g		11 g	
Calcium	0 mg	0 %	0 mg	0 %
Iron	0.6 mg	4 %	1.7 mg	10 %
Potassium	130 mg	2 %	390 mg	8 %
Vitamin A	0 mcg	0 %	0 mcg	0 %
Vitamin C	5 mg	6 %	15 mg	15 %

Not a significant source of Vitamin D

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Microwave Oven Cooking Instructions:

1. Place face down in microwave-safe dish. Do not puncture package.
2. Microwave on High Power for 4.5 to 5.5 minutes*. During cooking, the bag will slowly inflate. Special vents in the bag will allow steam to escape while cooking. The pouch should cook inflated at full steam pressure for 30 to 60 seconds.
3. Let bag stand for 2 minutes before opening. Carefully handle bag at corners and shake gently to mix. Tear or cut the top of the bag open. Pour contents out and mix well. Enjoy!

*Per 1100 watt microwave. Increase cook time as needed if a lower wattage oven is used.

Cook to 165°F for quality and food safety.

KEEP FROZEN. DO NOT THAW.

INGREDIENTS: CORN, PREPARED BLACK BEANS (WATER, BLACK BEANS), RED BELL PEPPERS, POBLANO PEPPERS, WATER, SUGAR, CONTAINS LESS THAN 2% OF: BUTTER (CREAM, SALT), CHIPOTLE PEPPER, FLAXSEED, HONEY, REFINERY SYRUP, SOYBEAN OIL, SUNFLOWER OIL, NATURAL FLAVORS, XANTHAN GUM, TURMERIC (COLOR), SALT.

CONTAINS: MILK.

NET WT. 12 OZ (340 g)

STRONG ROOTS. BRIGHT FUTURE.

