

# Black Beans Latino Style

## Nutrition Facts

About 1 Serving Per Container

**Serving Size** 8 oz (227g)

**Amount Per Serving**  
**Calories** 200

**% Daily Value \***

**Total Fat** 0.5g 1%

Saturated Fat 0g 1%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 450mg 20%

**Total Carbohydrates** 37g 14%

Dietary Fiber 15g 54%

Total Sugars <1g

Includes 0g Added Sugars 0%

**Protein** 13g

Vitamin D 0mcg 0%

Calcium 80mg 6%

Iron 4.3mg 25%

Potassium 690mg 15%

\* 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.

**Ingredients:** Black Beans, Sweet Onions, Garlic, Seasoning mix, dry, sazón, coriander & annatto, Bay leaf