



Refried Black Beans

Ready to be Served

YOUR Ready to Eat Refried Black beans are made in the true Mexican style with little chunks of black beans present to give it a texture and not be a 'tooth paste'. We use some fresh onions, fresh garlic and some spices that make it slightly spicy and delicious. It is fully cooked and ready to serve. Sprinkle with some grated cheese as is traditional.

FUNNY Thing is these so called "Refried" beans are not fried even once. Some how the word "refrito" which means rehashed or cooked for long, became "refried" !

20 g of plant Protein in every bag

Shelf stable (2 years) BPA Free, Gluten free, VEGAN.

DIRECTIONS: Empty the pouch in a serving dish. Top with some grated cheese to give it a traditional serving look. **INGREDIENTS:** Water, Black beans, Fresh Onion and Garlic, Sunflower Oil, Lime Juice Concentrate, Salt, Cumin and Cayenne.



These refried beans, which were never 'fried', are an excellent addition to soups, where the beans add body, protein and flavor. Try !

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484-494-8458

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|---|------------------------|-------------------|------------------------------|-----------------|---|
| Nutrition Facts | Amount per serving | % Daily Value * | Amount per serving | % Daily Value * | * 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. |
| | Total Fat 4.5g | 6% | Total Carbohydrate 4g | 2% | |
| | Saturated Fat 0.5g | 3% | Dietary Fiber 1g | 5% | |
| | <i>Trans</i> Fat 0g | | Total Sugars <1g | | |
| | Cholesterol 0mg | 0% | Includes 0g Added Sugars | 0% | |
| Sodium 85mg | 4% | Protein 2g | | | |
| Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 0.8mg 4% • Potassium 70mg 2% | | | | | |

10 servings per container

Serving size
1 oz (28g)

Calories **60**
per serving