



# Refried Pinto Beans

**Ready to be Served**

YOUR Ready to Eat Refried PINTO beans are made in the true Mexican style with little chunks of pinto 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.

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, 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 !

[www.jyotifoods.com](http://www.jyotifoods.com)

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<b>Nutrition Facts</b> Serving size 1 oz (28g) servings per container 10 <b>Calories</b> 35 Calories from Fat 10	<b>Amount per serving</b>	<b>% Daily Value *</b>	<b>Amount per serving</b>	<b>% Daily Value *</b>	* 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
	<b>Total Fat</b> 1.5g	<b>2%</b>	<b>Total Carbohydrate</b> 5g	<b>2%</b>	
	Saturated Fat 0g	<b>0%</b>	Dietary Fiber 1g	<b>5%</b>	
	<i>Trans Fat</i> 0g		Sugars 0g		Total Fat Less than 65 g 80 g
	<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 2g		Sat Fat Less than 20 g 25 g
	<b>Sodium</b> 80mg	<b>3%</b>			Cholesterol Less than 300 mg 300 mg
					Sodium Less than 2,400 mg 2,400 mg
					Total Carbohydrate 300 g 375 g
					Dietary Fiber 25 g 30 g
					Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4
	Vitamin A 0%	Vitamin C 2%	Calcium 0%	Iron 2%	