Heating Instructions: Microwave until warm.

SMALL ❑ MEDIUM ❑ LARGE ❑

Nutrition Facts

Serving Size: 4 oz. (113g)
Servings Per Container: Varied

Amount Per Serving	
Calories 130	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 55mg	**2%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 6g	**24%**
Sugars 1g	
Protein 7g	

Vitamin A 2%	•	Vitamin C 6%
Calcium 2%	•	Iron 10%

* 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

BLACK BEANS, WATER, RICE, JOHNSONVILLE ANDOUILLE SAUSAGE, RED PEPPERS, GREEN PEPPERS, BEEF BASE, CANOLA OIL, ONION, GARLIC, CUMIN SEED, SCALLIONS, BAY LEAF

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Black Beans and Rice