



Bean Ragout

SMALL MEDIUM LARGE

Nutrition Facts Serv. Size: 5 oz pp (142g), Servings: Varied, Amount Per Serving: **Calories** 100, Fat Cal. 0, **Total Fat** 0.5g (1% DV), Sat. Fat 0g (0% DV), *Trans Fat* 0g, **Cholest.** 0mg (0% DV), **Sodium** 150mg (6% DV), **Total Carb.** 19g (6% DV), Fiber 7g (28% DV), Sugars <1g, **Protein** 6g, Vitamin A (0% DV), Vitamin C (4% DV), Calcium (6% DV), Iron (15% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: FBEANS, NAVY, MATURE SEEDS, COOKED, BOILED, WITHOUT SALT, BLACK BEANS (BLACK BEANS, WATER, SALT, ONION, SPICES, MALTODEXTRIN, GARLIC, AND NATURAL FLAVOR), BEANS, KIDNEY, RED, MATURE SEEDS, COOKED, BOILED, WITHOUT SALT, DICED TOMATOES (TOMATOES, TOMATO JUICE, <2% OF: SALT, CITRIC ACID, CALCIUM CHLORIDE), BEEF BASE, GARLIC, CUMIN, THYME

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