

# San Antonio's Best Black Beans

## Prepare.

To make one serving:

- 1 Open pouch, remove oxygen absorber.
- 2 Bring 1 cup of water to a boil.
- 3 Add 1/4 cup of beans to water and stir.
- 4 Cover and simmer for 15-20 minutes.
- 5 Remove from heat and enjoy.

## Nutrition Facts

17 Servings Per Container  
Serving size 1/4 cup (27g)

Amount per serving  
**Calories 90**

	% Daily Value*
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 17g	6%
Dietary Fiber 6g	21%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 6g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 1mg	6%
Potassium 240mg	6%

\*The % Daily Value 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.

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INGREDIENTS: Instant Black Beans.

CAREFULLY PACKAGED FOR LONG-TERM STORAGE:

Shelf life varies based on storage conditions. Always protect your food from heat, air and moisture. Avoid prolonged exposure to temps above 75 degrees F. Keep sealed until ready to eat. Remove oxygen absorber before preparing; always follow package directions.



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NET WT. 16.19 oz (459g)  
Makes 17 Servings

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