

Nutrition Facts

Serving Size
4.0 fl oz

Calories
per serving **130**

Amount/serving	% DV
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%

Amount/serving	% DV
Total Carb. 23g	8%
Fiber 6g	20%
Total Sugars 1g	
Incl.0g Added Sugars	0%
Protein 8g	

Vitamin D 0% · Calcium 4% · Iron 10% · Potassium 10%

Cuban Black Beans

Ingredients: dry black beans, yellow onion, green bell pepper, olive oil, garlic, kosher salt, coriander, black pepper, oregano, bay leaf