



Refried Beans

NUTRITION FACTS

SERVING SIZE 1/2 cup (125g)

AMOUNT PER SERVING

Calories 150

Calories from Fat 50

% daily Value*

Total Fat 6g 9%

Saturated Fat 2.5g 13%

Trans Fat 0g 0%

Cholesterol 5mg 2%

Sodium 400mg 17%

Total Carbohydrate 18g 6%

Dietary Fiber 4g 16%

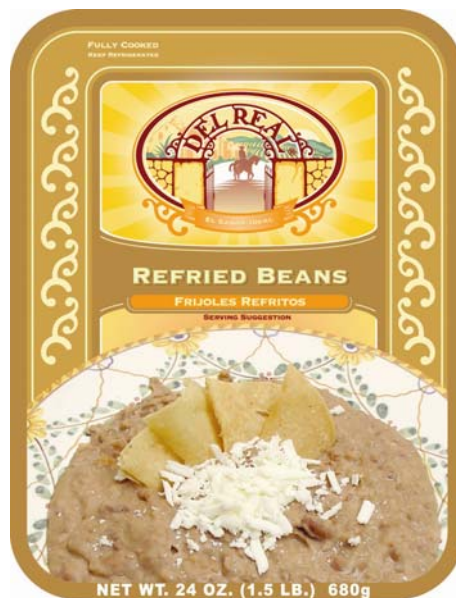
Sugars 1g

Protein 6g

Vitamin A 0% **Vitamin C 4%**

Calcium 4% **Iron 8%**

* Percent Daily Values (DV) are based on a 2,000 calorie diet



Ingredients: Beans, Pork Lard, Salt and Onions.

Method	Preparation Time		Heating Instructions
	Refrigerated	Frozen	
Microwave	8 Minutes	12 Minutes	Heat on high for 4 minutes. Rotate bag 1/2 turn. Puncture 4 small holes, cover with paper towel. Continue to heat for 4 more minutes (8 minutes if frozen) until center is hot. Let bag stand for 2 minutes. Open bag carefully and empty contents into tray.
Boil in Bag	8 minutes	12 Minutes	Place bag in saucepan with enough water to completely cover bag. Boil 8 minutes (12 minutes if frozen). Remove bag from boiling water. Let the bag stand for 2 minutes. Open bag carefully and empty contents into serving tray.