



0 12352 09153 7

CK Side - Seasoned Black Beans

Nutrition Facts	
1 serving per container	Serving size 6.5oz (185g)
Amount Per Serving	
Calories 160	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 770mg	33%
Total Carbohydrate 26g	9%
Dietary Fiber 10g	36%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 3.6mg	20%
Potassium 510mg	10%
<small>*This % Daily Value (DV) 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.</small>	

INGREDIENTS: BLACK BEANS, ONIONS, GREEN PEPPERS, OLIVE OIL, KOSHER SALT, CUMIN, CHILI POWDER, OREGANO, CILANTRO, BAY LEAF

DISTRIBUTED BY CANTEEN
2400 YORKMONT RD
CHARLOTTE, NC, 28217



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