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Refried Black Beans

INGREDIENTS

Prepared black beans, water, vegetable oil (may contain one or more of the following: cottonseed oil, corn oil, soybean oil with preservatives BHA, BHT, propyl gallate and/or citric acid), salt, garlic powder, onion powder.

NUTRITION FACTS

Serving Size	1/2 cup	121g
Calories	120	
Calories From Fat	20	
Total Fat	2g	3%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	410mg	17%
Total Carbohydrates	18g	6%
Dietary Fiber	6g	24%
Sugars	1g	
Protein	8g	
Vitamin A		0%
Vitamin C		0%
Calcium		4%
Iron		N/A

* Percent Daily Values are based on a 2,000 calorie diet.

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