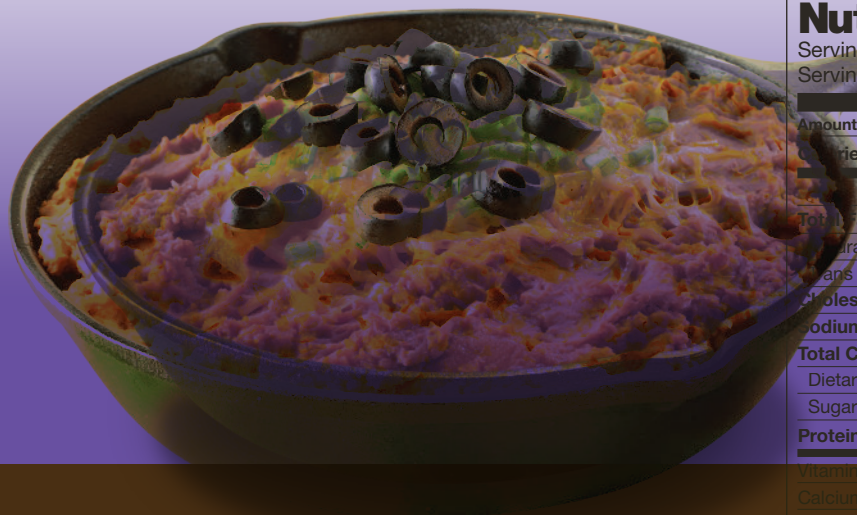




# Dehydrated Refried Beans



## Nutrition Facts

Serving Size 2/3 cup dry (52g)  
Servings Per Container 4

### Amount Per Serving

Calories 190      Calories from Fat 10

% Daily Value\*

Total Fat 1g      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

Cholesterol 0mg      **0%**

Sodium 670mg      **28%**

**Total Carbohydrate 33g      11%**

Dietary Fiber 11g      **44%**

Sugars 0g

**Protein 11g**

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 15%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



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