



Kuner's
SERVING COLORADO SINCE 1864

Black Beans

Frijoles Negros

NET WT 30 OZ (1 LB 14 OZ) 850g




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Max Kuner, a Bavarian watchmaker who fought in the Civil War, moved to Colorado to found the Kuner Pickle Company in 1864. By 1901 he had built a mustard mill, bean kitchen, and vinegar factory. His natural, old world flavors and seasonings continue to this day.



Black Beans

Frijoles Negros

INGREDIENTS: PREPARED BLACK BEANS, WATER, SALT.

DISTRIBUTED BY:
KUNER-EMPSON
DIVISION OF FARIBAULT FOODS, INC.
128 NW 15TH STREET
FARIBAULT, MN 55021-3037
www.faribaultfoods.com

DIRECTIONS: HEAT; SEASON TO TASTE; SERVE.
FOR MICROWAVE: EMPTY CONTENTS INTO GLASS OR CERAMIC DISH; COVER AND HEAT 6-7 MINUTES.

SERVING SUGGESTION: FOR A NEW FLAVOR TWIST, TRY KUNER'S BLACK BEANS IN YOUR FAVORITE SOUP RECIPE.

- CRUMBLE AND COOK 1/4 LB. PORK SAUSAGE WITH ONION AND GARLIC; DRAIN. ADD KUNER'S BLACK BEANS. HEAT THROUGH.
- CUBAN STYLE - SERVE HEATED KUNER'S BLACK BEANS ON COOKED RICE. ADD BELL PEPPER, OLIVE OIL, AND VINEGAR TO TASTE. GARNISH WITH SNIPPED PARSLEY AND CHOPPED ONIONS. TOP WITH SOUR CREAM IF DESIRED.
- TRY IN PLACE OF REFRIED BEANS IN YOUR FAVORITE MEXICAN RECIPE.

Nutrition Facts

Serving Size 1/2 cup (130g)
Servings Per Container about 6 1/2

Amount Per Serving
Calories 110 Calories from Fat 10
% Daily Value*

Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 19g	6%
Dietary Fiber 7g	27%
Sugars 1g	
Protein 7g	

Vitamin A 0% • Vitamin C 0%
Calcium 6% • Iron 10%

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* 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

We are very interested in any comments from our customers. If you would like additional suggestions or have product information questions, send the code on the can end to Kuner's Consumer Affairs Department.

KUNER PROOF OF PURCHASE
30 OZ BLACK BEANS

