

SINCE 1896

S&W[®]

PREMIUM

BLACK BEANS

Premium Quality & Taste

NET WT
15 OZ
(425g)

SERVING
SUGGESTION



PLEASE RECYCLE

MAKE IT SPECIAL WITH S&W[™]

S&W[®] Black Beans come from the best of the crop to bring you unsurpassed, premium quality. Black Beans are a good source of fiber.

Nutrition Facts

Serving Size 1/2 cup (127g)

Servings Per Container about 3 1/2

Amount/Serving

Calories 100 Calories from Fat 10

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 480mg 20%

Total Carbohydrate 17g 6%

Dietary Fiber 6g 24%

Sugars 1g

Protein 6g

Vitamin A 0% • Vitamin C 4%

Calcium 6% • Iron 10%

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

INGREDIENTS: PREPARED BLACK BEANS, WATER, SALT, SUGAR, DEHYDRATED ONION, CALCIUM CHLORIDE.

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FARIBAULT, MN 55021-3037
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WWW.SWBEANS.COM

REFRIGERATE ANY UNUSED PORTION IN A SEPARATE, COVERED CONTAINER.

SERVING SUGGESTIONS

Try making
Santa Fe Corn Tortilla Soup.
This recipe and more
available at
WWW.SWBEANS.COM



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