

SINCE 1896



CUBAN RECIPE BLACK BEANS

WITH ONIONS,
PEPPERS & CUMIN

Great
over
rice!

NET WT
15 OZ (425g)

SERVING
SUGGESTION



THE RECIPE COLLECTION BY S&W®

Enjoy a line of unique, fully seasoned bean recipes that combine beans with international flavors. Perfect for your favorite recipes, a flavorful side dish or over rice for a nutritious and convenient entrée.

Nutrition Facts

Serving Size 1/2 cup (130g)
Servings Per Container about 3 1/2

Amount/Serving
Calories 110 Calories from Fat 10

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 550mg	23%
Total Carbohydrate 18g	6%
Dietary Fiber 7g	28%
Sugars 2g	
Protein 6g	

Vitamin A 0% • Vitamin C 0%
Calcium 4% • Iron 8%

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

SERVING SUGGESTIONS

- A savory ingredient for soups
- Over rice, an authentic Cuban meal
- Flavorful side dish for fish, chicken & pork
- For full flavor, do not drain beans

For recipes and more, go to
WWW.SWBEANS.COM

INGREDIENTS: PREPARED BLACK BEANS, WATER, RED BELL PEPPER, ANAHEIM CHILI PEPPERS, ONION, SALT, MODIFIED CORN STARCH, SUGAR, ONION POWDER, GARLIC POWDER, LIME JUICE CONCENTRATE, BLEND OF CHILI PEPPERS, SPICES, NATURAL FLAVORS, CALCIUM CHLORIDE.

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Please direct any comments to our Consumer Affairs Department and include the code on the can end with your communication.

Refrigerate any unused portion in a separate, covered container.

