

SINCE 1896



PREMIUM

BLACK BEANS

Premium Quality & Taste

NET WT
15 OZ
(425g)



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 70 **Calories from Fat** 0

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 480mg	20%
Total Carbohydrate 17g	6%
Dietary Fiber 6g	24%
Sugars 1g	
Protein 5g	

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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QUESTIONS OR COMMENTS?
CALL 800-252-7033 (MON.-FRI.).

WWW.SWFINEFOODS.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.SWFINEFOODS.COM*



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