

# Santa Fe Black Beans & Rice

Directions:

- 1. Open pouch and remove oxygen absorber.
- 2. Prepare in pouch or other suitable container.
- 3. Add 2 cups Boiling water to ingredients or you may crease / fold pouch at water line 8 then fill to water line 8.
- 4. Stir completely and cover. Let stand 10-12 minutes.



ALL NATURAL\*



GLUTEN FREE



0g TRANS FAT  
PER SERVING

\*Minimally processed, no artificial ingredients

INGREDIENTS: Instant White Rice, Crushed Black Beans, Tomato Powder (Tomato), Freeze-Dried Sweet Corn, Low Sodium Salt (Sodium, Chloride, Potassium), Diced Carrots, Tomato Flakes, Cumin, Chopped Onion, Mixed Red & Green Bell Pepper, Onion Granules, Garlic Granules, Oregano, Jalapeno Pepper Powder.

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## Nutrition Facts

Serving Size 3.25 oz (92g)  
Servings Per Container 2

Amount Per Serving

**Calories** 320    **Calories from Fat** 15

% Daily Value\*

**Total Fat** 1.5g    **2%**

**Saturated Fat** 0g    **0%**

**Trans Fat** 0g

**Cholesterol** 0mg    **0%**

**Sodium** 370mg    **15%**

**Total Carbohydrate** 68g    **23%**

**Dietary Fiber** 8g    **32%**

**Sugars** 8g

**Protein** 10g

**Vitamin A** 70%    •    **Vitamin C** 80%

**Calcium** 6%    •    **Iron** 30%

\*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     |
| Saturated 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

