

Red Beans and Rice

Ingredients

Rice, white, long grain, enrich, parboiled, dry, Beans, kidney, dark red, cnd, Onion, Sauce, sofrito, prep f/recipe, Olive Oil, Base, vegetable beef, w/o msg, FS, Garlic, Salt, Kosher, course.

Nutrients per serving

Nutrition Facts	
Serving Size (65g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 5g	
Vitamin A 0%	• Vitamin C 2%
Calcium 4%	• Iron 10%
*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 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	