

Nutrition Facts

7 servings per container

Serving size 1/2 cup (42g)

Amount per serving

Calories 150

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 29g 11%

Dietary Fiber 10g 36%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 8g

Vitamin D 0mcg 0%

Calcium 44mg 4%

Iron 2mg 10%

Potassium 454mg 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Instant Refried Beans

Versatile, packed with an authentic creamy taste, and ready in minutes. It's simply refried beans!

Cook into classic refried beans

Top Navajo tacos

Mix with rice

However you want! Show us your creations at thrivelife.com/recipes

CHEF BITES

Combine 1 1/2 cups of Instant Refried Beans with 1 1/2 cups of water and 1/2 tsp. of seasoning salt. Bring to a simmer and simmer for 4-5 minutes, stirring occasionally. Remove from heat and let rest for 5 minutes. Add additional seasoning to taste. Makes 1 1/2 cups.

FOR THE LOVE OF FOOD

As the center of family gatherings, late-night talks, and your kitchen table, food brings us together. With Thrive Life, you can enjoy that taste you love anytime you want.



FOR RECIPES
AND MORE VISIT
THRIVELIFE.COM

INGREDIENTS: PINTO BEANS.

Processed in a facility that handles milk, egg, soy, wheat, & coconut products.

CAUTION: This product contains an oxygen absorber that is not intended for consumption. Please discard the packet upon opening can.

Thrive Life®, 691 South Auto Mall Drive, American Fork, Utah 84003



5849

5849

Serving Suggestion



Net Wt. 10.5 oz (294g)

PROTEIN

THRIVE
LIFE™

INSTANT REFRIED BEANS