Nutrition Facts

7 servings per container **Serving size** 1

1/2 cup (42g)

Amount per serving Calories

150

% Daily	Value*
Total Fat Og	0%
Saturated Fat Og	0%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 5mg	0%
Total Carbohydrate 29g	11%
Dietary Fiber 10g	36%
Total Sugars Og	
Includes Og Added Sugars	0%

INGREDIENTS: PINTO BEANS.

Protein 8g

Vitamin D Omcg

Calcium 44mg

Potassium 454mg

Iron 2mg

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

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 $\frac{1}{2}$ cups of Instant Refried Beans with 1 $\frac{1}{2}$ cups of water and $\frac{1}{2}$ 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 $\frac{1}{2}$ 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.



4%

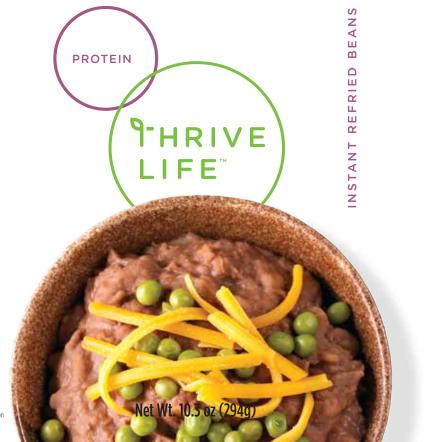
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10%





FOR RECIPES AND MORE VISIT THRIVELIFE.COM



^{*}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.