

Instant Black Beans

Nutrition Facts

23 servings per container

Serving size 1/2 cup (54g)

Amount per serving
Calories 180

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 35g 13%

Dietary Fiber 12g 43%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 12g

Vitamin D 0mcg 0%

Calcium 25mg 2%

Iron 2mg 10%

Potassium 479mg 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.

INGREDIENTS: BLACK 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

FOR RECIPES
AND MORE VISIT
THRIVELIFE.COM

Versatile, packed with fiber, and ready in 20 minutes. It's simply black beans!

Mix into salsa

Fold into a quesadilla

Bake into muffins

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

CHEF BITES

Bring salted water or stock to a boil (3 cups for every cup of beans) and add beans. Cover and simmer for 15-20 minutes. Serve warm or chill in fridge.

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.



INSTANT BLACK BEANS

PROTEIN

THRIVE
LIFE™

INSTANT BLACK BEANS

Net Wt. 43.8 oz (2.7 lb) 1242g

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