

Salsa, Black Bean and Corn

Nutrition Facts

Serving Size: 2 oz

Amount Per Serving

Calories: 37

Calories from Fat: 1

Total Fat:	.2g
Saturated Fat:	.0g
Trans Fat:	0.00
Cholesterol:	0mg
Sodium:	164mg
Total Carbohydrate:	7.4g
Dietary Fiber:	1.2g
Sugars:	1.5g
Protein:	1.3g

Vitamin A: 77RE

Vitamin C: 4.2mg

Calcium: 8.7mg

Iron: .3mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

Ingredients

Bean, Black Bush's Low Sodium (mfg label): PREPARED BLACK BEANS, WATER, SALT, AND CALCIUM CHLORIDE (FIRMING AGENT). [903623]

Corn, Canned Low Sodium (mfg label): GOLDEN WHITE KERNAL CORN, WATER, SALT. [903372]

Salsa Chunky Mild Authentic (mfg label): DICED TOMATOES, WATER, JALAPENO PEPPERS, TOMATO PASTE, ONIONS, DISTILLED VINEGAR, DEHYDRATED ONIONS, SALT, DEHYDRATED GARLIC, NATURAL FLAVOR. [900461]