

## Salsa, Black Bean and Corn

### Nutrition Facts

Serving Size: 2 oz

Amount Per Serving

Calories: 40

Calories from Fat: 2

<b>Total Fat:</b>	<b>.2g</b>
Saturated Fat:	.0g
Trans Fat:	0.00
<b>Cholesterol:</b>	<b>0mg</b>
<b>Sodium:</b>	<b>82mg</b>
<b>Total Carbohydrate:</b>	<b>8.2g</b>
Dietary Fiber:	1.4g
<b>Protein:</b>	<b>1.7g</b>

Vitamin A: 85RE

Vitamin C: 2.6mg

Calcium: 21.0mg

Iron: .9mg

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 Commodities (mfg label): Prepared Black Beans, Water, Salt, Ferrous Gluconate, Calcium Chloride to Help Maintain Firmness. [903304]

CORN, CANNED, WHOLE KERNEL (LIQ (mfg label): YELLOW CORN [050536]

SALSA, Commodity Local (mfg label): WATER, DICED TOMATOES, TOMATO PUREE (WATER, TOMATO PASTE), JALAPENO PEPPERS, MODIFIED FOOD STARCH, VINEGAR, DRIED ONION, SALT, DRIED GARLIC, NATURAL FLAVOR. [990123]