



CORN & BLACK BEAN SALAD

½ CUP SERVING

Nutrition Facts	
Serving Size 75.00 gram(s) (75g)	
Amount Per Serving	
Calories 78	Calories from Fat 18
% Daily Value	
Total Fat 2.0g	3 %
Saturated Fat 0.3g	2 %
Trans Fat 0.0g	
Cholesterol 0.0mg	0 %
Sodium 142.0mg	6 %
Total Carbohydrate 13.5g	5 %
Dietary Fiber 2.9g	12 %
Sugars 1.9g	
Protein 2.9g	
Vitamin A 4 %	Calcium 1 %
Vitamin C 11 %	Iron 4 %

¼ CUP SERVING

Nutrition Facts	
Serving Size 37.50 gram(s) (38g)	
Amount Per Serving	
Calories 39	Calories from Fat 9
% Daily Value	
Total Fat 1.0g	2 %
Saturated Fat 0.2g	1 %
Trans Fat 0.0g	
Cholesterol 0.0mg	0 %
Sodium 71.0mg	3 %
Total Carbohydrate 6.8g	2 %
Dietary Fiber 1.4g	6 %
Sugars 0.9g	
Protein 1.4g	
Vitamin A 2 %	Calcium 0 %
Vitamin C 5 %	Iron 2 %

INGREDIENT STATEMENT:

Corn, Black Beans, Onions, Water, Tomatoes, Red Peppers, Canola &/or Soybean Oil, Jalapeno Peppers, Lime Juice Concentrate, Salt, Spices, Garlic, Lemon Juice Concentrate.