



FRIJOLES RANCHEROS

Frijoles Rancheros is a delectable Mexican dish that comes from the highlands around Guadalupe. Our Frijoles Rancheros are made like the traditional Mexican recipe has been done through generations; slowly simmered pinto beans with onion, smoked pork, tomatoes, cilantro and jalapeño peppers. A simple, and ready-in-minutes, authentic dish.

INGREDIENTS

Water, Pinto Beans, Onion, Smoked boneless picnic (pork, water, salt, sugar, sodium phosphate, sodium nitrite), Tomato, Chicken broth base (dextrose, salt, chicken broth, chicken fat, onion powder, natural flavoring, canola oil, turmeric & organic caramel color), Cilantro, Garlic powder, Canola oil, Jalapeno pepper, Spice.

NUTRITION FACTS

Serving Size: 1/2 Cup (130g)

Amount per Serving

CALORIES 100

% Daily Value*

Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 570mg	25%
Total Carbohydrate 16g	6%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 1mg	6%
Potassium 322mg	6%

*The % Daily Value 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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

GLUTEN FREE

MILK FREE

0g TRANS FAT PER SERVING

COOKING INSTRUCTIONS

MICROWAVE

- Heat on high for 2 minutes 30 seconds, and then rotate the bag half turn.
- Puncture 4-small holes in bag. Cover with paper towel. Continue to heat for 2 minutes 30 seconds more until center is hot. Then let stand for 2 minutes .
- Open bag carefully, and empty contents into serving tray.

Note: Microwave ovens vary in rates of heating. Times given are approximate.

STOVETOP

- Place tap water in a pot (enough to cover product). Pre-heat water at 180°F (water should not boil).
- Place product inside the pot. Heat up for about 45 minutes or 160°F core temperature.
- When ready to serve, open the bag with caution and enjoy.