



## FRIJOLES REFritos

One of Del Real Foods' most versatile and authentic Mexican recipes. We prepare our delicious Frijoles Refritos by using traditional Mexican methods to cook pinto beans to perfection. We then fry them using traditional ingredients, creating a rich, authentic Mexican flavor. Frijoles Refritos are great as a side dish or they can be used as a ready-in-minutes ingredient in any number of recipes.

## INGREDIENTS

Water, Pinto Beans, Lard, Salt, Onion.

## NUTRITION FACTS

Serving Size: 1/2 cup (130g)

Amount per Serving

**CALORIES 180**

% Daily Value\*

Total Fat 7g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 470mg	20%
Total Carbohydrate 21g	8%
Dietary Fiber 5g	18%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 41mg	4%
Iron 2mg	10%
Potassium 465mg	10%

\*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

**0g**  
TRANS FAT  
PER SERVING

**GLUTEN  
FREE**

**MILK  
FREE**

## COOKING INSTRUCTIONS

### MICROWAVE

1. Remove paper sleeve. Leave bag in tray. Heat on HIGH for 2 minutes then flip bag over.
2. Puncture 2 small holes in bag. Cover with paper towel, heat for an additional 2 minutes. Then let stand for 2 minutes.
3. Open bag carefully, and empty contents into serving tray.

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