



RANCH STYLE

003778 - Beans Black

A 12-pack of RANCH STYLE Premium Black Beans will be the finishing touch to all of your Mexican-inspired recipes. These bold black beans are simmered in a delicious blend of spices to pair perfectly with any Southwestern meal. Add them to tacos, nachos or soups or serve them alongside steaks or fish for an easy side dish. Best of all, RANCH STYLE beans quickly heat up in the microwave or on the stove. With 6 grams of protein and 7 grams of fiber in every serving, black beans provide a hearty snack for your growling stomach. Try every tasty variety of RANCH STYLE products, such as pinto beans, blackeye peas and more. With flavor as big as Texas, you can experience that authentic Southwestern taste in every can of RANCH STYLE Beans.



Nutrition Facts

Servings per Container 3.5
Serving size 1/2cup(127g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	16%
Total Carbohydrate 17g	6%
Dietary Fiber 8g	29%
Total Sugars 1g	
Includes Added Sugar	%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.6mg	9%
Potassium 420mg	9%

* The % Daily Value (DV) 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.

* Benefits

Includes twelve 15-ounce cans of RANCH STYLE Premium Black Beans

Ingredients

Prepared Black Beans (Water, Black Beans), Water, Less than 2% of: Salt, Onion Powder, Olive Oil, Garlic Powder, Spice. **MAY CONTAIN: SOY.**

⚠ Allergens

May Contain:



Handling Suggestions

Follow storage and usage instructions as printed on consumer packaging.

Serving Suggestions

Follow serving suggestions as printed on the packaging.

Prep & Cooking Suggestions

Please follow preparation instructions as printed on the consumer packaging.

📄 Product Specifications

Brand	Manufacturer	Product Category
RANCH STYLE	ConAgra Foods Inc.	Vegetables, Canned & Frozen

MFG #	SPC #	GTIN	Pack	Pack Desc.
4690074005	003778	00046900740059	12	12 / cs

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
12.77lb	11.25lb	No	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.5in	9.13in	4.56in	0.3ft3	15x10	730DAYS	50°F / 85°F



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Nutrition Analysis - By Serving

Calories	100	Total Fat	0.5g	Sodium	360mg
Protein	6	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	17g	Saturated Fat	0g	Iron	1.6mg
Sugars	1g	Added Sugars		Potassium	420mg
Dietary Fiber	8g	Polyunsaturated Fat	0g	Zinc	
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

INGREDIENTS: PREPARED BLACK BEANS (WATER, BLACK BEANS), WATER, LESS THAN 2% OF: SALT, ONION POWDER, OLIVE OIL, GARLIC POWDER, SPICE.
MAY CONTAIN: SOY.

Nutrition Facts
 about 3.5 servings per container
Serving size 1/2 cup (127g)

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Calories 100

% Daily Value*

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Cholesterol 0mg 0%
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 Dietary Fiber 8g 29%
 Total Sugars less than 1g
 Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mg 0% • Calcium 0mg 0%
 Iron 1.6mg 8% • Potassium 420mg 8%

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