



NUTRITION FACTS		INGREDIENTS	
Nutrition facts		WATER, RICE, TOMATO (Solanum lycopersicum), VEGETABLE MIX (CARROT, PEA AND CORN), ONION (Allium cepa), VEGETABLE OIL (NON-HYDROGENATED)	
About 3 Servings per Container Serving size: 3/4 cup (140 g)		VEGETABLE OIL FROM CANOLA AND PALM, DIMETHYLPOLYSILOXANE AS DEFOAMING AGENT AND ANTIOXIDANTS (TBHQ AS ANTIOXIDANT <0.02% AND CITRIC ACID AS ACIDULANT <0.003%), IODIZED SALT, PAPRIKA AS NATURAL COLORING, AND GARLIC (Allium sativum).	
Amount per serving			
Calories		240	
		% Daily Value*	
Total fat 6g		8 %	
Saturated Fat 0g		0 %	
Trans Fat 0g			
Cholesterol 0mg		0 %	
Sodium 580mg		25 %	
Total Carbohydrate 44g		16 %	
Dietary Fiber 1g		4 %	
Total sugar 1g			
Includes 0g Added Sugars		0 %	
Protein 4g			
Vitamin D 0mcg		0 %	
Calcium 10mg		<2 %	
Iron 0mg		0 %	
Potassium 160mg		<2 %	
*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.			
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NUTRITION FACTS		INGREDIENTS	
Nutrition facts		WATER, PINTO BEANS (Phaseolus vulgaris), ONION (Allium cepa), VEGETABLE OIL (NON-HYDROGENATED)	
About 122 Servings per Container Serving size: 1/2 cup (130 g)		VEGETABLE OIL FROM CANOLA AND PALM, DIMETHYLPOLYSILOXANE AS DEFOAMING AGENT AND ANTIOXIDANTS (TBHQ AS ANTIOXIDANT <0.02% AND CITRIC ACID AS ACIDULANT <0.003%), IODIZED SALT AND GARLIC (Allium sativum).	
Amount per serving			
Calories		190	
		% Daily Value*	
Total fat 4g		5 %	
Saturated Fat 0g		0 %	
Trans Fat 0g			
Cholesterol 0mg		0 %	
Sodium 670mg		29 %	
Total Carbohydrate 37g		13 %	
Dietary Fiber 7g		25 %	
Total sugar 1g			
Includes 0g Added Sugars		0 %	
Protein 10g			
Vitamin D 0mcg		0 %	
Calcium 55mg		<2 %	
Iron 0mg		0 %	
Potassium 650mg		14 %	
*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.			
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INSTRUCTIONS FOR USE

Instructions for de-frosting: 1.-Remove the product from the freezer and place in the refrigerator 12 hours before consuming.
Instructions for use: 1. Remove container lid. 2. Detach the film from the container. 3. Cover loosely container, heat in the microwave at intervals of one to two minutes, stir the product between intervals. Continue process until desired temperature is reached. 4. Serve to taste and enjoy. Keep frozen (0 °F). Once thawed, is validity for 15 days. Don't refreeze.
The product is not designed for consumption in a frozen state.

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