

# Uncle Ben's Santa Fe Style Black Beans and Brown Rice

## Ingredients

WHOLE GRAIN PARBOILED BROWN RICE;  
PRECOOKED BLACK BEANS; VEGETABLES\* (CORN,  
TOMATO, RED BELL PEPPER, RED BEET POWDER,  
JALAPENO PEPPER POWDER); CORN STARCH;  
SALT; CHEDDAR CHEESE\* (PASTEURIZED  
CULTURED MILK, SALT, ENZYMES); SOUR CREAM\*  
(CREAM, CULTURES, LACTIC ACID); SPICES;  
SOYBEAN OIL; CORN SYRUP SOLIDS; ONION  
POWDER; AUTOLYZED YEAST EXTRACT;  
CULTURED NONFAT MILK; GARLIC POWDER;  
SUGAR; CORN MALTODEXTRIN; YEAST EXTRACT;  
WHEY SOLIDS; CITRIC ACID; SODIUM CASEINATE;  
LACTIC ACID; ANNATTO (COLOR); NATURAL  
FLAVORS; CALCIUM LACTATE; SWEET POTATO  
MALTODEXTRIN; SOY LECITHIN; EXTRACTIVES OF  
PAPRIKA (COLOR). \*DRIED.

**Contains: Soy, Milk**

Newington Foods and Nutrition Services

Updated August 2013

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Please Note:  
Serving size can vary depending on menu item it is being served with. Please check with kitchen for serving size

**\*\*This is a representation of the nutrition label. The actual nutrition label on the product may vary slightly.\*\***

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## **NUTRITION FACTS**

*Serving Size: 2 OUNCES DRY (57g) about 1 Cup Cooked*

*Amount Per Serving*

*Calories 210      Calories from Fat 25*

	<i>% Daily Value*</i>
<i>Total Fat 2.5g</i>	4%
<i>Saturated Fat 1g</i>	5%
<i>Trans Fat 0g</i>	
<i>Cholesterol 5mg</i>	2%
<i>Sodium 370 mg</i>	15%
<i>Potassium 300 mg</i>	9%
<i>Total Carbohydrate 40g</i>	13%
<i>Dietary Fiber 4g</i>	16%
<i>Sugars 3g</i>	
<i>Protein 7g</i>	
<i>Vitamin C 4%</i>	<i>Vitamin A 0%</i>
<i>Iron 8%</i>	<i>Calcium 6%</i>
<i>Thiamin 4%</i>	<i>Folate 25%</i>

\* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.