

SOMOS™

FOOD FROM THE  OF MÉXICO™

🌱 BEANS 🌱

PLANT BASED ∴ GLUTEN FREE ∴ NON-GMO





MEXICAN BLACK BEANS

Nutrition Facts

About 2 servings per container
Serving size **1/2 cup (130g)**

	Per serving	Per container
	% DV*	% DV*
Calories	150	330
Total Fat	1g 1%	2.5g 3%
Saturated Fat	0g 0%	0g 0%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	320mg 14%	700mg 30%
Total Carb.	24g 9%	53g 19%
Dietary Fiber	6g 21%	13g 46%
Total Sugars	<1g	2g
Incl. Added Sugars	0g 0%	0g 0%
Protein	9g 12%	20g 27%
Vitamin D	0mcg 0%	0mcg 0%
Calcium	60mg 4%	125mg 10%
Iron	2.3mg 15%	5mg 30%
Potassium	640mg 15%	1390mg 30%

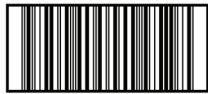
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Water, black beans, sea salt, onion powder, sunflower and/or safflower oil, garlic powder.

ITEM NUMBER BEAN101
UPC CODE



GTIN CASE CODE



10850029632037



SPICY REFRIED BEANS

Nutrition Facts

About 2 servings per container
Serving size **1/2 cup (130g)**

	Per serving	Per container
	% DV*	% DV*
Calories	140	280
Total Fat	3.5g 4%	7g 9%
Saturated Fat	0g 0%	0.5g 3%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	400mg 17%	780mg 34%
Total Carb.	21g 8%	40g 15%
Dietary Fiber	5g 18%	10g 36%
Total Sugars	1g	2g
Incl. Added Sugars	0g 0%	0g 0%
Protein	7g	14g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	50mg 4%	90mg 6%
Iron	2mg 10%	3mg 15%
Potassium	460mg 10%	890mg 20%

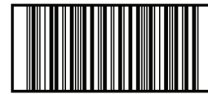
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Water, Bayo Beans, Jalapeño Peppers, Non-GMO Vegetable Oil (Sunflower and/or Safflower Oil), Sea Salt, Onion Powder, Garlic Powder.

ITEM NUMBER BEAN102
UPC CODE



GTIN CASE CODE



10850029632044



CHIPOTLE REFRIED BLACK BEANS

Nutrition Facts

About 2 servings per container
Serving size **1/2 cup (130g)**

	Per serving	Per container
	% DV*	% DV*
Calories	150	310
Total Fat	2g 3%	4g 5%
Saturated Fat	0g 0%	0g 0%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	670mg 29%	1460mg 63%
Total Carb.	24g 9%	52g 19%
Dietary Fiber	6g 21%	13g 46%
Total Sugars	2g	4g
Incl. Added Sugars	<1g 1%	1g 2%
Protein	8g 11%	17g 23%
Vitamin D	0mcg 0%	0mcg 0%
Calcium	51mg 4%	111mg 9%
Iron	2mg 11%	4mg 22%
Potassium	530mg 11%	1150mg 24%

*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.

INGREDIENTS: Water, black beans, chipotle peppers, sunflower and/or safflower oil, sea salt, vinegar, tomato paste, brown sugar, onion powder, garlic powder, ground thyme, ground oregano, ground bay leaves, ground cumin, ground black pepper.

ITEM NUMBER BEAN103
UPC CODE



GTIN CASE CODE



10850029632259



PINTO & BLACK BEANS

Nutrition Facts

About 2 servings per container
Serving size **1/2 cup (130g)**

	Per serving	Per container
	% DV*	% DV*
Calories	200	430
Total Fat	3g 4%	6g 8%
Saturated Fat	0g 0%	0g 0%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	550mg 24%	1200mg 52%
Total Carb.	34g 12%	74g 27%
Dietary Fiber	9g 32%	20g 71%
Total Sugars	2g	4g
Incl. Added Sugars	0g 0%	0g 0%
Protein	9g 11%	20g 25%
Vitamin D	0mcg 0%	0mcg 0%
Calcium	82mg 6%	179mg 14%
Iron	3mg 17%	7mg 39%
Potassium	890mg 19%	1940mg 41%

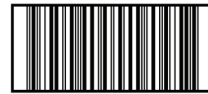
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Water, whole pinto beans, tomatoes, red bell peppers, poblano peppers, whole black beans, onions, tomato paste, sunflower and/or safflower oil, sea salt, jalapeño peppers, onion powder, garlic powder, ground arbol pepper.

ITEM NUMBER BEAN104
UPC CODE



GTIN CASE CODE



10850029632303



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CASE PACK	6/10 oz	UNIT L" X W" X H"	1.5 x 5.6 x 7.5
CASE WT. LBS	4.3	CASE L" X W" X H"	8.7 x 5.7 x 7.7
PALLET PATTERN (TI)	34	PALLET PATTERN (H)	6
CASES PER PALLET	204		