

## Black Bean Bits, Chef-Crafted (Vegan, Gluten Free)

### INGREDIENTS

Cooked Black Beans (Black Beans, Water), Water, Red Bell Peppers, Cooked Quinoa (Water, Quinoa), Expeller Pressed Canola Oil and/or Sunflower Oil, Corn, Potato Flakes, Soy Protein Concentrate, Cooked Brown Rice (Water, Brown Rice), Onions, Contains less than 2% of Arrowroot Powder, Masa Flour (Corn Flour, Calcium Hydroxide), Jalapeño Pepper, Cilantro, Cultured Dextrose, Sea Salt, Chili Powder (Chili Pepper, Salt, Garlic, Cumin, Spices), Garlic, Tomato Paste, Rosemary Extract, Chipotle Chili Pepper Powder.

**CONTAINS:** Soy.



### STORAGE / SHELF LIFE

24 months from date of production when stored frozen at 0°F/-18°C or below. Cook from frozen.

### PREPARATION

**KEEP FROZEN PRIOR TO USE.** For food safety cook to an internal temperature of 165°F. **Oven:** Preheat oven to bake at 400°F. Bake for 4 minutes, flip and continue heating for an additional 3-4 minutes until heated through. **Air Fryer:** Preheat the air fryer to 400°F. Air-fry for 4 minutes, flip and continue heating for an additional 4 minutes until heated through.

### Nutrition Facts

About 43 servings per container  
Serving Size ¾ of a Cup (85g)

| Amount per serving            |            |
|-------------------------------|------------|
| <b>Calories</b>               | <b>200</b> |
| % Daily Value*                |            |
| <b>Total Fat</b> 11g          | <b>24%</b> |
| Saturated Fat 2g              | <b>5%</b>  |
| Trans Fat 0g                  |            |
| <b>Cholesterol</b> 0mg        | <b>0%</b>  |
| <b>Sodium</b> 350mg           | <b>15%</b> |
| <b>Total Carbohydrate</b> 20g | <b>7%</b>  |
| Dietary Fiber 4g              | <b>14%</b> |
| Total Sugars 1g               |            |
| Includes 0g Added Sugars      | <b>0%</b>  |
| <b>Protein</b> 7g             | <b>14%</b> |
| Vitamin D 0mcg                | 0%         |
| Calcium 40mg                  | 4%         |
| Iron 1.4mg                    | 8%         |
| Potassium 360mg               | 8%         |

\* 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.

**VEGAN**



### PACKAGING SPECS

|                        |                                      |
|------------------------|--------------------------------------|
| UPC                    | 080868010700                         |
| Case Net Weight        | 8 lbs                                |
| Gross Weight           | 9 lbs                                |
| Case Dimensions        | 21.25" x 6.63" x 6.75"               |
| Case Cube (cubic feet) | 0.55                                 |
| Pallet Ti/Hi           | 12/10                                |
| GTIN                   | (01)10080868010700                   |
| Country of Origin      | USA, from US and foreign ingredients |

\*Cases sold by weight. Piece count may vary.

**dr. Praeger's®**  
TASTY MEETS VEGGIE

Black Bean Bits, Chef-Crafted (Vegan, Gluten Free)

Cooking Instructions: KEEP FROZEN PRIOR TO USE. For food safety cook to an internal temperature of 165°F.  
Single Serving: Oven: Preheat oven to bake at 400°F. Bake for 4 minutes, flip and continue heating for an additional 3-4 minutes until heated through.  
Air Fryer: Preheat the air fryer to 400°F. Air-fry for 4 minutes, flip and continue heating for an additional 4 minutes until heated through.  
1. Box: Preheat oven to 400°F. Lay the bits on a large oven-tray. Cook for 13-15 minutes. Flip the product halfway through until it reaches 165°F.  
To Keep the Product Warm Under the Heat Lamp:  
1. Use the above heating instructions properly.  
2. Place the heated product under the heat lamp. Recommended for 3-4 hours. Stir occasionally.



**Best if used by:**  
**APR-24-2027**

CONTAINS: Soy.

Made in a facility that uses Wheat, Soy, Sesame, Milk, and Eggs



Lot # R25CE-03A

**Dr. Praeger's Sensible Foods LLC**  
Elmwood Park, NJ 07407



**BBBIN**

INGREDIENTS: Cooked Black Beans (Black Beans, Water), Water, Red Bell Peppers, Cooked Quinoa (Water, Quinoa), Expeller Pressed Canola Oil and/or Sunflower Oil, Corn, Potato Flakes, Soy Protein Concentrate, Cooked Brown Rice (Water, Brown Rice), Onions, Contains less than 2% of Arrowroot Powder, Masa Flour (Corn Flour, Calcium Hydroxide), Jalapeño Pepper, Cilantro, Cultured Dextrose, Sea Salt, Chili Powder (Chili Pepper, Salt, Garlic, Cumin, Spices), Garlic, Tomato Paste, Rosemary Extract, Chipotle Chili Pepper Powder.

Net. Wt. 8 lbs (3.63 kg)



(01) 1 0080868 01070 7

**Keep Frozen 0°F/-18°C**