dr. Praeger's
TASTY MEETS VEGGIE

Ordering Code: BBBIN

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	
Calories	**200**
	% Daily Value*
Total Fat 11g	**24%**
Saturated Fat 2g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 350mg	**15%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 4g	**14%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 7g	**14%**
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	8.6 lbs
Case Dimensions	21.25" x 6.63" x 6.75"
Case Cube (cubic feet)	0.5503
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.

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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.
½ 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.

Vegan

Best if used by:
APR-24-2027

CONTAINS: Soy.

Net. Wt. 8 lbs (3.63 kg)

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

(01) 1 0080868 01070 7

Keep Frozen 0°F/-18°C

As of 9/26

DISTRIBUTED BY DR. PRAEGER'S SENSIBLE FOODS LLC
Elmwood Park, NJ 07407 USA | Phone: 201-703-1300