

Legacy Food Storage
Enchilada Beans & Rice
Nutritional Facts & Ingredient Statement

Nutrition Facts

4 servings per container
Serving size 1.5 Cups (104g)

Amount per serving
Calories 390

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 1030mg	45%
Total Carbohydrate 73g	26%
Dietary Fiber 2g	6%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 125mg	10%
Iron 2mg	10%
Potassium 206mg	4%

*The % Daily Value 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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



INGREDIENTS: Rice, Tomato, Black Bean, Corn, Cheese Powder (pasteurized milk, salt, cheese cultures, enzymes), Maltodextrin, Coconut Oil, Onion, Whey, Sea Salt, Red Bell Pepper, Spice, Corn Starch, Garlic, Yeast Extract, Green Chili, Natural Cheese Flavor, Dried Cane Syrup, Sodium Caseinate, Silicon Dioxide, Disodium Phosphate, High Oleic Acid Sunflower Oil, Annatto, Natural Flavor, Tocopherols.

ALLERGENS: Milk.

NET WT 14.62 OZ (414.46g)

GMO FREE

Vegetarian

Uses Sea Salt

No MSG/I+G/AYE

No Trans Fats

Low Cholesterol

DIRECTIONS:

Bring 6 1/2 Cups water to boil. Slowly Whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.