

## Black Bean & Brown Rice Saad

**Nutrition Facts** Serving Size: 0.33 cup (108.9g), Servings Per Container: 1, Amount Per Serving: **Calories** 130, Calories from Fat 10, **Total Fat** 1g (2% DV), Saturated Fat 0g (0% DV), *Trans* Fat 0g, **Cholesterol** 0mg (0% DV), **Sodium** 170mg (7% DV), **Total Carbohydrate** 26g (9% DV), Dietary Fiber 5g (20% DV), Sugars 3g, **Protein** 6g, Vitamin A (6% DV), Vitamin C (20% DV), Calcium (4% DV), Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Ingredients:** Rice, Brown, Long Grain, Cooked; Beans, Chickpeas, Garbanzo or Bengal Gram, Canned; Beans, Black, Dry; Corn, Yellow, Sweet, Kernels, Frozen; Peas, Green, Frozen, Boiled, Drained; Salsa; Juice, Lime; KRAFT FREE Fat Free Italian Salad Dressing; Pepper, Jalapeno; Pepper, Bell or Sweet, Green; Pepper, Bell or Sweet, Red; Onions, Scallion or Spring Green; Juice, Lemon; Cilantro

