



Brazilian Black Bean Strudel Ingredients



Puff Pastry: Wheat Flour, Water, Organic Sustainable Palm Oil, Salt.

Filling: Black Beans, Organic Corn, Organic Salsa (Tomato, Onion, Jalapeno Pepper, Green Bell Pepper, Cilantro, Vinegar, Sea Salt, Agave Syrup, Spices, Garlic, Lime Juice, Naturally Derived Citric Acid), Organic Hummus (Garbanzo Beans, Sesame Tahini (Sesame Seed Paste), Garlic, Lemon Juice, Sea Salt), Panko Bread Crumbs (Wheat Flour, Sugar, Yeast, Soybean Oil, Salt), Organic Sustainable Palm Oil, Granulated Garlic.

Contains: Wheat, Soy

Nutrition Facts			
Serving Size: 1 piece (28g)			
Servings Per Container: 10			
Amount Per Serving			
Calories 50	Calories from Fat 15		
% Daily Value*			
Total Fat 1.5g	2%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 60mg	3%		
Total Carbohydrate 7g	2%		
Dietary Fiber <1g	3%		
Sugars <1g			
Protein 1g			
Vitamin A 0%	•	Vitamin C 2%	
Calcium 0%	•	Iron 2%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g