



# CHIPOTLE BLACK BEAN & CORN SALSA

(473 g jar)

## Nutrition Facts Valeur nutritive

Ser. Size 2 Tbsp (33g) Servings about 14  
par 2 cuillère à soupe (33g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 15	
<b>Fat / Lipides</b> 0 g	<b>0 %</b>
Saturated / saturés 0 g	<b>0 %</b>
Trans / trans 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 230 mg	<b>10%</b>
<b>Carbohydrate / Glucides</b> 3 g	<b>1 %</b>
Fibre / Fibres <1 g	
Sugars / Sucres 1 g	
<b>Protein / Protéines</b> 1 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	0 %
Iron / Fer	2 %

\*Percent Daily Values are based on a 2,000 calorie diet.

**GLUTEN FREE**

**INGREDIENTS:** TOMATOES, BLACK BEANS, CORN, WATER, ONIONS, DISTILLED VINEGAR, TOMATO PUREE, SALT, CHIPOTLE PEPPER, GARLIC, CILANTRO, SPICES, ANCHO PEPPER.

**INGRÉDIENTS :** TOMATES, HARICOTS NOIRS, MAÏS, EAU, OIGNONS, VINAIGRE DISTILLÉ, PUREÉ DE TOMATES, SEL, PIMENT CHIPOTLE, AIL, CORIANDRE, ÉPICES, PIMENTS ANCHO.

## *Suggestions for* CHIPOTLE BLACK BEAN & CORN SALSA



- So delicious right out of the jar served with nacho rounds or taco chips.
- Add to shredded lettuce, shredded cheese and chopped olives for a great Tex Mex salad served in a Taco bowl.
- Use as a base sauce for a southwestern pizza.
- Add pizzazz to your favourite chili recipe.
- Place in an ovenproof or microwaveable dish, top with grated cheese, bake and serve with taco chips.
- Make fajitas by combining **Chipotle Black Bean & Corn Salsa** with cooked beef and sautéed onions, serve in warm flour tortillas.
- Add to warmed cream cheese, blend well and serve with crackers or taco chips.

We strive to ensure this information is accurate to the best of our knowledge. Because product formations may change, we recommend that you always read individual labels carefully.

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