



Knott's

# 104397 - Cowboy Caviar

This is a great bean dip to eat as a side, main meal, or as a small snack. Full of calcium and protein this dip is a healthy snack for people of all ages.



### \* Benefits

This Product is a delicious mix of beans, corn, bell pepper, jalapenos, and spices. It's perfect for dipping your chip in, as a side, or as the main meal. This dip has a great kick to it and taste awesome.

## Nutrition Facts

Servings per Container **7.5**  
Serving size **30grams (2G24)**

Amount per serving  
**Calories 35**

	% Daily Value*
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 20mg	<b>2%</b>
Iron 0.5mg	<b>2%</b>
Potassium 100mg	<b>2%</b>

\* 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.

### Ingredients

Black Beans (black beans, water, salt, calcium chloride), (Pinto Beans (pinto beans, water, salt, calcium chloride), Corn (corn, water, sugar, salt), Green Bell Peppers, (green pepper strips, water, salt, sugar, citric acid [naturally Derived], calcium chloride, Olive oil, Red Onion, Lemon Juice (water, concentrated lemon juice, sulphites, and lemon oil), Apple Cider Vinegar, Cultured Dextrose, Sliced Jalapenos (sliced jalapeno pepper, water, distilled vinegar, salt, calcium chloride), Sugar, Black Pepper, Cilantro, Salt, Garlic Powder.

### Allergens

#### Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

### Handling Suggestions

Keep Refrigerated UNIT UPC: 011984011692

### Serving Suggestions

As a Dip

### Prep & Cooking Suggestions

Ready To Eat

### Product Specifications

Brand	Manufacturer
Knott's	Knotts Wholesale Foods Inc.

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
011984011692	20014	104397	10011984011699		12/8 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
6.88lb	6.48lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
14in	9.5in	3.5in	0.27ft3	12x20	29days	35°F / 37°F



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## Nutrition Analysis - By Measure

Calories	35	Total Fat	1.5g	Sodium	80mg
Protein	1	Trans Fats	0g	Calcium	20mg
Total Carbohydrates...	4g	Saturated Fat	0g	Iron	0.5mg
Sugars	1g	Added Sugars	0g	Potassium	100mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

### Additional Images

