

Tostitos

BLACK BEAN SALSA



WHAT YOU'LL NEED

1 bag Tostitos® Black Bean & Garlic chips
1 16oz can black beans, drained, rinsed
1 tsp minced garlic
3 tbsp diced tomato
1 tbsp + 1 tsp diced white onion
2 tsp diced jalapeno
2 tsp diced roasted poblano
2 ½ tbsp fresh lime juice
Salt to taste
1/8 tsp black pepper
¼ tsp ground cumin
1 tsp chopped cilantro

DIRECTIONS

1. In a mixing bowl combine all the ingredients.
2. Mix until well incorporated but gently as to not mush the beans.
3. Serve immediately with Tostitos® Black Bean & Garlic chips or refrigerate for a chilled salsa.

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TORTILLA CHIPS



BLACK BEAN & GARLIC
• FLAVORED TRIANGLES •

**BLENDED WITH
MULTI-
GRAINS**

Tostitos

guaranteed fresh
until printed date

NET WT. 9 OZ. (255.1 g)

SCAN ME
FOR COUPONS, RECIPES,
SWEEPSTAKES, AND MORE!

Nutrition Facts

9 servings per container
Serving size About 8 chips (28g)

Amount per serving
Calories **150**

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 0g	
Protein 2g	

Vitamin D 0mcg 0%
Calcium 30mg 2%
Iron 0.4mg 2%
Potassium 50mg 0%

Not a significant source of added sugars.

* 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: CORN, VEGETABLE OIL (CORN, CANOLA AND/OR SUNFLOWER OIL), DRIED BLACK BEANS, CORN STARCH, MALTODESTRIN (MADE FROM CORN), WHOLE WHITE WHEAT, WHOLE TRITICALE, WHOLE OATS, WHOLE RYE, WHOLE BARLEY, WHOLE MILLET, WHOLE BUCKWHEAT, SALT, WHOLE BROWN RICE, SPICES, SUGAR, ONION POWDER, DRIED ONION, NATURAL FLAVORS, YEAST EXTRACT, GARLIC POWDER, AND DRIED GARLIC. CONTAINS WHEAT INGREDIENTS.

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NORTH AMERICA, INC.



Find us on
Tostitos.com

Questions or Comments?
1-800-352-4477

GUARANTEED FRESH
until printed
date or this snack is on us

Mon-Fri 9:00am to 4:30pm CT email or chat at fritolay.com

Visit our website @ fritolay.com



▶ **NO ARTIFICIAL FLAVORS**
▶ **NO PRESERVATIVES**
▶ **BLENDED WITH MULTI-GRAINS**