

Turkey Sausage Burrito

Nutrition Facts	
1 serving per container	
Serving size	(259g)
Amount Per Serving	
Calories	430
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 7g	35%
<i>Trans</i> Fat 0g	
Cholesterol 305mg	102%
Sodium 700mg	30%
Total Carbohydrate 33g	12%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 29g	
Vitamin D 1.5mcg	8%
Calcium 270mg	20%
Iron 2.9mg	15%
Potassium 4310mg	90%
<small>* 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.</small>	

INGREDIENTS: EGGS, FLOUR TORTILLA "SMALL", GROUND TURKEY, SALSA, SHARP CHEDDAR, RED PEPPERS, ONION, GARLIC POWDER, ONION POWDER, RED PEPPER FLAKES, FENNEL, ROSEMARY, THYME, SAGE

CONTAINS: MILK, EGG, WHEAT

CUISINE FOR HEALING 1614 MISTLETOE
BLVD FW TX 76104

Veggie Breakfast Burrito

Nutrition Facts

1 serving per container

Serving size (203g)

Amount Per Serving

Calories **370**

% Daily Value*

Total Fat 18g **23%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 260mg **87%**

Sodium 650mg **28%**

Total Carbohydrate 33g **12%**

Dietary Fiber 4g **14%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 18g

Vitamin D 1.5mcg **8%**

Calcium 260mg **20%**

Iron 2.3mg **15%**

Potassium 4170mg **90%**

* 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: EGGS, FLOUR TORTILLA "SMALL", SALSA, SHARP CHEDDAR, RED PEPPERS, ONION, GARLIC POWDER, ONION POWDER, FENNEL, RED PEPPER FLAKES, THYME, SAGE

CONTAINS: MILK, EGG, WHEAT

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