

Southwest Black Bean Bowl

Nutrition Facts

1 serving per container

Serving size (350g)

Amount Per Serving

Calories 450

% Daily Value*

Total Fat 11g 14%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 50mg 2%

Total Carbohydrate 68g 25%

Dietary Fiber 8g 29%

Total Sugars 14g

Includes 0g Added Sugars 0%

Protein 21g

Vitamin D 0mcg 0%

Calcium 60mg 4%

Iron 5mg 30%

Potassium 9950mg 210%

* 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: CHICKEN BREAST, TOMATOES, CORN, SWEET, YELLOW, FROZEN, KERNELS CUT OFF COB, BOILED, DRAINED, WITHOUT SALT, ONION, QUINOA, BROWN RICE, BLACK BEANS, LIME JUICE, HONEY, OLIVE OIL, CUMIN SEED, CILANTRO

CUISINE FOR HEALING 1614 MISTLETOE BLVD FW TX 76104