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MADE FROM SCRATCH DELICIOUSNESS.

# NUTRITION FACTS & INGREDIENTS BOWLS JANUARY 2012

## CHICKEN ENCHILADA

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	<b>Total Fat</b> 13g	<b>20%</b>	<b>Total Carb.</b> 49g	<b>16%</b>
Sat. Fat 6g	<b>30%</b>	Dietary Fiber 7g	<b>28%</b>	
Trans Fat 0g		Sugars 1g		
<b>Cholest.</b> 45mg	<b>15%</b>	<b>Protein</b> 22g		
<b>Sodium</b> 580mg	<b>24%</b>			
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 10% • Vitamin C 20% • Calcium 25% • Iron 15%				

INGREDIENTS: Green Enchilada Sauce (Hatch Green Chiles, Tomatillos, Water, Tomatoes in Juice, Onions, Corn Starch, Garlic, Jalapeños, Cilantro, Salt, Lime Juice, Spices), Pinto Beans, Corn Tortillas (Corn Cooked with a Trace of Lime, Water), Cilantro Lime Chicken (Cage-Free White Meat Chicken Breast, Lime Juice, Canola Oil, Cilantro, Spices), Rice, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Corn, Lime Juice, Cilantro, Salt, Black Pepper.

Contains Milk



## BEAN & CHEESE ENCHILADA

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	<b>Total Fat</b> 15g	<b>23%</b>	<b>Total Carb.</b> 55g	<b>18%</b>
Sat. Fat 6g	<b>30%</b>	Dietary Fiber 8g	<b>32%</b>	
Trans Fat 0g		Sugars 2g		
<b>Cholest.</b> 30mg	<b>10%</b>	<b>Protein</b> 18g		
<b>Sodium</b> 590mg	<b>25%</b>			
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 8% • Vitamin C 10% • Calcium 30% • Iron 20%				

INGREDIENTS: Red Enchilada Sauce (California Red Chiles, Water, Tomatoes in Juice, Canola Oil, Onions, Corn Starch, Garlic, Jalapeños, Cilantro, Lime Juice, Salt, Spices), Pinto Beans, Rice, Corn Tortillas (Corn Cooked with a Trace of Lime, Water), Cheddar Cheese (rBST-Free Pasteurized Milk, Cheese Culture, Salt, Enzymes), Corn, Lime Juice, Salt, Spices.

Contains Milk



## FIRE GRILLED STEAK

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	<b>Total Fat</b> 21g	<b>32%</b>	<b>Total Carb.</b> 39g	<b>13%</b>
Sat. Fat 4g	<b>20%</b>	Dietary Fiber 8g	<b>32%</b>	
Trans Fat 0g		Sugars 3g		
<b>Cholest.</b> 35mg	<b>12%</b>	<b>Protein</b> 21g		
<b>Sodium</b> 540mg	<b>23%</b>			
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 35% • Vitamin C 80% • Calcium 10% • Iron 30%				

INGREDIENTS: Black Beans, Rice, Beef (Beef Raised without Antibiotics, Potato Starch, Sea Salt), Bell Peppers, Cilantro Lime Pesto (Cilantro, Canola Oil, Olive Oil, Lime Juice, Garlic, Salt, Black Pepper), Corn, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Lime Juice, Cilantro, Salt, Spices.

Contains Milk



## TERIYAKI CHICKEN

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	<b>Total Fat</b> 6g	<b>9%</b>	<b>Total Carb.</b> 34g	<b>11%</b>
Sat. Fat 1g	<b>5%</b>	Dietary Fiber 4g	<b>16%</b>	
Trans Fat 0g		Sugars 8g		
<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 14g		
<b>Sodium</b> 490mg	<b>20%</b>			
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 90% • Vitamin C 80% • Calcium 4% • Iron 15%				

INGREDIENTS: Organic Brown Rice, Chicken (Cage-Free White Meat Chicken Breast, Potato Starch, Sea Salt), Teriyaki Sauce (Water, Organic Tamari Soy Sauce [Water, Organic Whole Soybeans, Salt], Evaporated Cane Syrup, Honey, Corn Starch, Ginger, Garlic), Snap Peas, Broccoli, Carrots, Bell Peppers.

Contains Soy

