

# Nutrition Facts

Per (543 g)

**Calories 970**

**% Daily Value\***

**Fat** 33 g 44 %  
Saturated 9 g 47 %  
+ Trans 0 g

**Carbohydrate** 122 g  
Fibre 15 g 54 %  
Sugars 9 g 9 %

**Protein** 50 g

**Cholesterol** 115 mg

**Sodium** 760 mg 33 %

Potassium 1500 mg 32 %

Calcium 300 mg 24 %

Iron 5.5 mg 32 %

\*5% or less is **a little**, 15% or more is **a lot**

**Ingredients:** Grains, rice, brown, medium-grain, dry, Chicken, broiler, breast, skinless, boneless, meat, grilled, Tomato, red, ripe, raw, year round average, Soybeans, green (edamame), frozen, prepared, Corn, sweet, yellow, frozen, kernels cut off the cob, unprepared, Beans, black turtle, mature seeds, canned, solids and liquid, FILTERED WATER, BALSAMIC VINEGAR, SUNFLOWER OIL, CIDER VINEGAR, EXTRA-VIRGIN OLIVE OIL, GARLIC, STONE-GROUND MUSTARD (WATER, MUSTARD SEED, SALT, WHITE WINE, CITRIC ACID, TARTARIC ACID, CLOVES, BAY LEAVES, CINNAMON), XANTHAN & ACACIA GUMS, SEA SALT, XANTHAN GUM, BLACK PEPPER., Cheese, feta, Avocado, raw, california, TOMATOES (TOMATOES, TOMATO JUICE), MANGO, WATER, ONION, PEACHES (PEACHES, WATER, PEAR JUICE CONCENTRATE), SUGAR, ASSORTED PEPPERS (JALAPENO, CHIPOTLE, ANAHEIM CHILE), FIRE ROASTED RED PEPPERS (RED PEPPERS, WATER), CONTAINS 2% OR LESS: TOMATO PASTE, CILANTRO, SALT, VINEGAR, LIME JUICE, CITRIC ACID, CALCIUM CHLORIDE, XANTHAN GUM, SPICE, NATURAL FLAVOR, POTASSIUM SORBATE AND SODIUM BENZOATE (ADDED TO MAINTAIN FRESHNESS).

**Contains:** Milk, Mustard, Sulphites

**May contain** Gluten