

Nutrition Facts for Southwest Bowl

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	Serving size: 1 Portion	Total Fat 21g	26%	Total Carb. 40g
Saturated Fat 7g		37%	Fiber 8g	31%
<i>Trans Fat</i> 0g			Total Sugars 4g	
Cholesterol 185mg		62%	Incl. 1g Added Sugars	2%
Calories per serving	390	Sodium 280mg	11%	Protein 15g
Vitamin D 6% · Calcium 6% · Iron 25% · Potassium 20%				

Ingredients

Guacamole (salt, table, iodized; lemon juice, raw; onions, raw; avocados, raw, all commercial varieties.), Eggs (Hardboiled), Quinoa, Tomatoes, Coconut Milk, Corn, Cilantro, Shallots - Peeled, Honey, Scallions, Red Wine Vinegar, Lime Juice

Contains

EGGS, COCONUT

Characteristics

Vegetarian · Gluten Free · Dairy Free · Peanut Free