

# Burrito Bowl- Chicken Black Beans & Rice

## Nutrition Facts

Serving Size: Serving

Amount Per Serving

Calories: 474

Calories from Fat: 44

<b>Total Fat:</b>	<b>4.9g</b>
Saturated Fat:	1.2g
Trans Fat:	*0.00* (see below)
<b>Cholesterol:</b>	<b>53mg</b>
<b>Sodium:</b>	<b>1,360mg</b>
<b>Total Carbohydrate:</b>	<b>80.1g</b>
Dietary Fiber:	6.5g
<b>Protein:</b>	<b>28.0g</b>

Vitamin A: 262RE

Vitamin C: .6mg

Calcium: 57.1mg

Iron: 3.9mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

\* The available data does not currently provide complete information concerning the Trans Fat content of the ingredients for this item.

## Ingredients

Bean, Black Commodities (mfg label): Prepared Black Beans, Water, Salt, Ferrous Gluconate, Calcium Chloride to Help Maintain Firmness. [903304]

Chicken, frz, diced (mfg label): WHITE MEAT CHICKEN, DARK MEAT CHICKEN, WATER, POTATO STARCH, CARRAGEENAN, XANTHAN GUM, POTASSIUM PHOSPHATE, AND SODIUM PHOSPHATE. [990107]

CHILI POWDER (mfg label): CHILI POWDER [002009]

CILANTRO,RAW (mfg label): CILANTRO [990006]

LIME JUC,CND OR BTLD,UNSWTND (mfg label): LIME JUICE FROM CONCENTRATE (WATER, LIME JUICE CONCENTRATE, SODIUM BENZOATE (PRESERVATIVE), LIME OIL, SODIUM METABISULFITE (PRESERVATIVE) [009161]

PAPRIKA (mfg label): PAPRIKA [002028]

RICE,BROWN,MEDIUM-GRAIN,RAW (mfg label): NATURAL LONG GRAIN BROWN RICE [020040]

Seasoning Fajita (mfg label): SALT, CORN MALTODEXTRIN, ONION, BLACK PEPPER, AUTOLYZED YEAST EXTRACT, GARLIC, DEXTROSE, NATURAL FLAVOR, SPICE, AND BROMELAIN. [900464]

WATER,MUNICIPAL (mfg label): WATER [014429]

WATER,MUNICIPAL-USE (mfg label): WATER [903215]

