

Cilantro Lime Rice with Cheese Quesadilla

Nutrition Facts

Serving Size: 1/2 Cup

Amount Per Serving

Calories: 167

Calories from Fat: 11

Total Fat:	1.2g
Saturated Fat:	.2g
Trans Fat:	*0.00* (see below)
Cholesterol:	0mg
Sodium:	4mg
Total Carbohydrate:	35.2g
Dietary Fiber:	1.6g
Protein:	3.5g

Vitamin A: 32RE

Vitamin C: .3mg

Calcium: 17.5mg

Iron: .8mg

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

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]

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

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