



630 CAL

**56g** PRO

**17**g FAT **72**g CRB

## /ERYDA

Seasoned chicken with spinach, corn, black beans, charred cherry tomatoes, cilantro, mixed rice and a side of our homemade chipotle ranch sauce

## SOUTHWEST CHX BOWL













1-30-2 min

3-4 min

6-8 min.

Lift lid, remove sauce and heat by desired method.

## Nutrition Facts

Serving Size: (390g) Servings Per Container: 1

Calcium 15%

Amount Per Serving	
Calories 310	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 120m	g <b>40</b> %
Sodium 630mg	26%
Total Carbohydra	ite 21g 7%
Dietary Fiber 8g	32%
Sugars 7g	
Protein 42g	84%

Percent Daily Values are based on a 2,000 calorie diet.

## Ingredients:

Chicken, White Rice, Black Beans, Corn, Spinach, Cherry Tomatoes, Black Rice, Certified Organic Vegetable Broth, Vegan Mayo, Cilantro, Apple Cider Vinegar, Grapeseed Oil, Scallions, Sea Salt, Dill. Fennel. Chili

Powder, Cumin, Black Pepper, Cavenne

Pepper, Garlic, Onion Powder, Chile Pepper

Iron 15%