

## Nutrition & Food Allergy List

- Gluten Free**
- Dairy Free**
- Contains Traces of meat**
- Vegetarian**
- Vegan**
- Vegan Option available**
- Dairy free if vegan Cheese is chosen**

Tostadas

### Fried Plantains



Nutrition Facts	
3.5 servings per container	
<b>Serving size</b>	<b>(180g)</b>
Amount Per Serving	
<b>Calories</b>	<b>250</b>
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 460mg	20%
<b>Total Carbohydrate 46g</b>	<b>17%</b>
Dietary Fiber 4g	14%
Total Sugars 21g	
Includes 0g Added Sugars	0%
<b>Protein 1g</b>	<b>2%</b>
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.06mg	6%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Plantains, salt, Side of fire roasted salsa, 2 Slices Limes.

### Taquitos



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(269g)</b>
Amount Per Serving	
<b>Calories</b>	<b>430</b>
	% Daily Value*
Total Fat 28g	36%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 440mg	19%
<b>Total Carbohydrate 33g</b>	<b>12%</b>
Dietary Fiber 8g	29%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein 14g</b>	<b>28%</b>
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 1.8mg	10%
Potassium 0mg	0%

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Corn tortilla, Shredded beef, oil, side of salsa fresca & guacamole.

### Pork Tostada



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(370g)</b>
Amount Per Serving	
<b>Calories</b>	<b>660</b>
	% Daily Value*
Total Fat 33g	42%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 840mg	37%
<b>Total Carbohydrate 57g</b>	<b>21%</b>
Dietary Fiber 13g	46%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein 14g</b>	<b>28%</b>
Vitamin D 0mcg	0%
Calcium 520mg	40%
Iron 5.4mg	30%
Potassium 0mg	0%

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Corn tortilla, Pork, Refried beans salsa fresca, Lettuce, Cheese, Crema.

### Chicken Tostada



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(370g)</b>
Amount Per Serving	
<b>Calories</b>	<b>660</b>
	% Daily Value*
Total Fat 33g	42%
Saturated Fat 16g	80%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 840mg	37%
<b>Total Carbohydrate 57g</b>	<b>21%</b>
Dietary Fiber 13g	46%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein 36g</b>	<b>72%</b>
Vitamin D 0mcg	0%
Calcium 520mg	40%
Iron 5.4mg	30%
Potassium 0mg	0%

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Corn tortilla, Chicken, Refried beans salsa fresca, Lettuce, Cheese, Crema.

Quesadillas

### Steak Tostada



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(372g)</b>
Amount Per Serving	
<b>Calories</b>	<b>670</b>
	% Daily Value*
Total Fat 31g	40%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 760mg	33%
<b>Total Carbohydrate 58g</b>	<b>21%</b>
Dietary Fiber 13g	46%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein 43g</b>	<b>86%</b>
Vitamin D 0mcg	0%
Calcium 585mg	45%
Iron 5.4mg	30%
Potassium 0mg	0%

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Corn tortilla, beef, Refried beans salsa fresca, Lettuce, Cheese, Crema

### Cheese Quesadillas



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(199g)</b>
Amount Per Serving	
<b>Calories</b>	<b>380</b>
	% Daily Value*
Total Fat 17g	22%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 1140mg	50%
<b>Total Carbohydrate 40g</b>	<b>15%</b>
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein 17g</b>	<b>34%</b>
Vitamin D 0mcg	0%
Calcium 520mg	40%
Iron 2.7mg	15%
Potassium 0mg	0%

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Flour tortilla, Cheese, side of salsa fresca.

### Black Bean Quesadillas



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(302g)</b>
Amount Per Serving	
<b>Calories</b>	<b>710</b>
	% Daily Value*
Total Fat 19g	24%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 2420mg	105%
<b>Total Carbohydrate 100g</b>	<b>36%</b>
Dietary Fiber 17g	61%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein 37g</b>	<b>74%</b>
Vitamin D 0mcg	0%
Calcium 650mg	50%
Iron 8.1mg	45%
Potassium 0mg	0%

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Flour tortilla, Cheese, Black beans, Side of salsa fresca .

### Pollo Quesadillas



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(299g)</b>
Amount Per Serving	
<b>Calories</b>	<b>560</b>
	% Daily Value*
Total Fat 25g	32%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 170mg	57%
Sodium 1240mg	54%
<b>Total Carbohydrate 40g</b>	<b>15%</b>
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein 41g</b>	<b>82%</b>
Vitamin D 0mcg	0%
Calcium 585mg	45%
Iron 3.6mg	20%
Potassium 0mg	0%

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Flour tortilla, Chicken, Cheese, Black beans, Side of salsa fresca.

## Nutrition & Food Allergy List

- Gluten Free**
- Dairy Free**
- Contains Traces of meat**
- Vegetarian**
- Vegan**
- Vegan Option available**
- Dairy free if vegan Cheese is chosen**

Quesadillas & Tortas

### Carnitas Quesadillas



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(299g)</b>
Amount Per Serving	
<b>Calories</b>	<b>560</b>
	% Daily Value*
<b>Total Fat</b> 29g	37%
Saturated Fat 13g	65%
Trans Fat 0g	
<b>Cholesterol</b> 95mg	32%
<b>Sodium</b> 1300mg	57%
<b>Total Carbohydrate</b> 40g	15%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 34g	68%
Vitamin D 0mcg	0%
Calcium 585mg	45%
Iron 3.6mg	20%
Potassium 0mg	0%

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Flour tortilla, Pork, Cheese, Black beans, Side of salsa fresca.

### Carne Asada Quesadilla



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(299g)</b>
Amount Per Serving	
<b>Calories</b>	<b>570</b>
	% Daily Value*
<b>Total Fat</b> 27g	35%
Saturated Fat 13g	65%
Trans Fat 0g	
<b>Cholesterol</b> 115mg	38%
<b>Sodium</b> 1190mg	52%
<b>Total Carbohydrate</b> 40g	15%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 43g	86%
Vitamin D 0mcg	0%
Calcium 585mg	45%
Iron 4.5mg	25%
Potassium 0mg	0%

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Flour tortilla, Beef, Cheese, Black beans, Side of salsa fresca.

### Pollo Tortas



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(306g)</b>
Amount Per Serving	
<b>Calories</b>	<b>540</b>
	% Daily Value*
<b>Total Fat</b> 21g	27%
Saturated Fat 4.5g	23%
Trans Fat 0g	
<b>Cholesterol</b> 115mg	38%
<b>Sodium</b> 1090mg	47%
<b>Total Carbohydrate</b> 59g	21%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein</b> 27g	54%
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 2.34mg	15%
Potassium 0mg	0%

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Roll, Refried beans, Chicken, Salsa fresca, Lettuce, Lined onions Guacamole, Spicy mayo.

### Carnitas Tortas



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(306g)</b>
Amount Per Serving	
<b>Calories</b>	<b>540</b>
	% Daily Value*
<b>Total Fat</b> 24g	31%
Saturated Fat 6g	30%
Trans Fat 0g	
<b>Cholesterol</b> 70mg	23%
<b>Sodium</b> 1130mg	49%
<b>Total Carbohydrate</b> 60g	22%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein</b> 22g	44%
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 4.5mg	25%
Potassium 0mg	0%

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Roll, Refried beans, Pork, Salsa fresca, Lettuce, Lined onions Guacamole, Spicy mayo.

### Carne Asada Tortas



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(309g)</b>
Amount Per Serving	
<b>Calories</b>	<b>590</b>
	% Daily Value*
<b>Total Fat</b> 26g	33%
Saturated Fat 7g	35%
Trans Fat 0g	
<b>Cholesterol</b> 95mg	32%
<b>Sodium</b> 1650mg	72%
<b>Total Carbohydrate</b> 61g	22%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein</b> 29g	58%
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 5.4mg	30%
Potassium 0mg	0%

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Roll, Refried beans, beef, Salsa fresca, Lettuce, Lined onions Guacamole, Spicy mayo.

### Bean & Cheese Burrito



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(199g)</b>
Amount Per Serving	
<b>Calories</b>	<b>380</b>
	% Daily Value*
<b>Total Fat</b> 17g	22%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 40mg	13%
<b>Sodium</b> 1140mg	50%
<b>Total Carbohydrate</b> 40g	15%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 17g	34%
Vitamin D 0mcg	0%
Calcium 520mg	40%
Iron 2.7mg	15%
Potassium 0mg	0%

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Flour tortilla, Black beans, Rice Cheese, Lettuce, Salsa Fresca.

### Calabacitas Burrito



Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>(230g)</b>
Amount Per Serving	
<b>Calories</b>	<b>500</b>
	% Daily Value*
<b>Total Fat</b> 14g	18%
Saturated Fat 6g	30%
Trans Fat 0g	
<b>Cholesterol</b> 20mg	7%
<b>Sodium</b> 1360mg	59%
<b>Total Carbohydrate</b> 73g	27%
Dietary Fiber 10g	36%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 22g	44%
Vitamin D 0mcg	0%
Calcium 390mg	30%
Iron 5.4mg	30%
Potassium 0mg	0%

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Flour tortilla, Black beans, Vegetables, Rice, Cheese, Lettuce, Salsa Fresca.

### Pollo Burrito



Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>(252g)</b>
Amount Per Serving	
<b>Calories</b>	<b>540</b>
	% Daily Value*
<b>Total Fat</b> 16g	21%
Saturated Fat 6g	30%
Trans Fat 0g	
<b>Cholesterol</b> 85mg	28%
<b>Sodium</b> 1550mg	67%
<b>Total Carbohydrate</b> 67g	24%
Dietary Fiber 9g	32%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein</b> 33g	66%
Vitamin D 0mcg	0%
Calcium 390mg	30%
Iron 5.4mg	30%
Potassium 0mg	0%

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Flour tortilla, Black beans, Chicken, Rice, Cheese, Lettuce, Salsa Fresca.

## Nutrition & Food Allergy List



Gluten Free



Dairy Free



Contains Traces of meat



Vegetarian



Vegan



Vegan Option available



Dairy free if vegan Cheese is chosen

Burritos

### Carnitas Burrito



Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>(252g)</b>
<b>Amount Per Serving</b>	<b>550</b>
% Daily Value*	
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 7g	<b>35%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 1580mg	<b>69%</b>
<b>Total Carbohydrate</b> 67g	<b>24%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 29g	<b>58%</b>
Vitamin D 0mcg	0%
Calcium 390mg	30%
Iron 5.4mg	30%
Potassium 0mg	0%

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Flour tortilla, Black beans, Pork, Rice, Cheese, Lettuce, Salsa Fresca Lettuce, Salsa Fresca.

### Carne Asada Burrito



Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>(254g)</b>
<b>Amount Per Serving</b>	<b>610</b>
% Daily Value*	
<b>Total Fat</b> 21g	<b>27%</b>
Saturated Fat 8g	<b>40%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 1400mg	<b>61%</b>
<b>Total Carbohydrate</b> 71g	<b>26%</b>
Dietary Fiber 10g	<b>36%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 35g	<b>70%</b>
Vitamin D 0mcg	0%
Calcium 325mg	25%
Iron 6.3mg	35%
Potassium 0mg	0%

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Flour tortilla, Black beans, beef, Rice, Cheese, Lettuce, Salsa Fresca Lettuce, Salsa Fresca.

### Pescado Burrito



Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>(277g)</b>
<b>Amount Per Serving</b>	<b>540</b>
% Daily Value*	
<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 5g	<b>25%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 1590mg	<b>69%</b>
<b>Total Carbohydrate</b> 72g	<b>26%</b>
Dietary Fiber 10g	<b>36%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 34g	<b>68%</b>
Vitamin D 0mcg	0%
Calcium 390mg	30%
Iron 5.4mg	30%
Potassium 0mg	0%

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Flour tortilla, Black beans, Rice Lettuce, Spicy mayo, Cod.

### El Guapo Burrito



Nutrition Facts	
2.5 servings per container	
<b>Serving size</b>	<b>(280g)</b>
<b>Amount Per Serving</b>	<b>620</b>
% Daily Value*	
<b>Total Fat</b> 23g	<b>29%</b>
Saturated Fat 9g	<b>45%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 1690mg	<b>73%</b>
<b>Total Carbohydrate</b> 70g	<b>25%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 31g	<b>62%</b>
Vitamin D 0mcg	0%
Calcium 390mg	30%
Iron 5.4mg	30%
Potassium 0mg	0%

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Flour tortilla, Steak, Rice, Black beans, Fried plantains, Cheese Fire roasted salsa, Lettuce, Crema.

Tacos De La Casa

### Pescado Tacos De La Casa



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(380g)</b>
<b>Amount Per Serving</b>	<b>570</b>
% Daily Value*	
<b>Total Fat</b> 17g	<b>22%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 1010mg	<b>44%</b>
<b>Total Carbohydrate</b> 73g	<b>27%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 36g	<b>72%</b>
Vitamin D 0mcg	0%
Calcium 325mg	25%
Iron 4.5mg	25%
Potassium 0mg	0%

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Corn tortilla, Fish, Spicy mayo Lined onions, Pickled Cabbage Cucumbers, 2 Slices Limes.

### Rajas Con Queso Tacos De La Casa



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(369g)</b>
<b>Amount Per Serving</b>	<b>670</b>
% Daily Value*	
<b>Total Fat</b> 16g	<b>21%</b>
Saturated Fat 8g	<b>40%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 1640mg	<b>71%</b>
<b>Total Carbohydrate</b> 104g	<b>38%</b>
Dietary Fiber 19g	<b>68%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 33g	<b>66%</b>
Vitamin D 0mcg	0%
Calcium 780mg	60%
Iron 6.3mg	35%
Potassium 0mg	0%

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Corn tortillas Black beans, Rajas (roasted poblanos) Cheese Salsa fresca.

### Caramelos Tacos De La Casa



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(385g)</b>
<b>Amount Per Serving</b>	<b>710</b>
% Daily Value*	
<b>Total Fat</b> 34g	<b>44%</b>
Saturated Fat 13g	<b>65%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 105mg	<b>35%</b>
<b>Sodium</b> 900mg	<b>39%</b>
<b>Total Carbohydrate</b> 57g	<b>21%</b>
Dietary Fiber 10g	<b>36%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 47g	<b>94%</b>
Vitamin D 0mcg	0%
Calcium 520mg	40%
Iron 6.3mg	35%
Potassium 0mg	0%

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Corn tortillas, beef, Cheese Hot sauce Salsa fresca, Guacamole.

### Americanos Tacos De La Casa

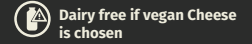
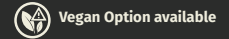


Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(364g)</b>
<b>Amount Per Serving</b>	<b>570</b>
% Daily Value*	
<b>Total Fat</b> 21g	<b>27%</b>
Saturated Fat 9g	<b>45%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 180mg	<b>60%</b>
<b>Sodium</b> 850mg	<b>37%</b>
<b>Total Carbohydrate</b> 54g	<b>20%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 42g	<b>84%</b>
Vitamin D 0mcg	0%
Calcium 585mg	45%
Iron 3.6mg	20%
Potassium 0mg	0%

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Corn tortillas, Chicken, Cheese Salsa Fresca, Lettuce, Crema.

## Nutrition & Food Allergy List



Tacos & Platos

### Pollo Taco



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(185g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>260</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 75mg	25%
<b>Sodium</b> 470mg	20%
<b>Total Carbohydrate</b> 34g	12%
Dietary Fiber 5g	18%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 19g	38%
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 1.8mg	10%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Corn tortilla, Refried beans, Chicken Fire roasted salsa, Limed onions Pickled cabbage, Cucumbers, Side of limes.

### Carnitas Taco



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(185g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>270</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 9g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol</b> 35mg	12%
<b>Sodium</b> 500mg	22%
<b>Total Carbohydrate</b> 34g	12%
Dietary Fiber 5g	18%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 14g	28%
Vitamin D 0mcg	0%
Calcium 195mg	15%
Iron 1.8mg	10%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Corn tortilla, Refried beans, Pork Fire roasted salsa, Limed onions Pickled cabbage, Cucumbers, Side of limes.

### Carne Asada Taco



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(185g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>310</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 11g	14%
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol</b> 55mg	18%
<b>Sodium</b> 440mg	19%
<b>Total Carbohydrate</b> 34g	12%
Dietary Fiber 5g	18%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 20g	40%
Vitamin D 0mcg	0%
Calcium 195mg	15%
Iron 2.7mg	15%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Corn tortilla, Refried beans, beef Fire roasted salsa, Limed onions Pickled cabbage, Cucumbers, Side of limes.

### Chicken & Black Beans Platos



Nutrition Facts	
2.5 servings per container	
<b>Serving size</b>	<b>(276g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>550</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 15g	19%
Saturated Fat 5g	25%
Trans Fat 0g	
<b>Cholesterol</b> 75mg	25%
<b>Sodium</b> 1580mg	69%
<b>Total Carbohydrate</b> 72g	26%
Dietary Fiber 11g	39%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 32g	64%
Vitamin D 0mcg	0%
Calcium 325mg	25%
Iron 5.4mg	30%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Rice, Chicken, Black beans, Rajas con queso, Side of two corn tortillas.

### Chicken & Refried Beans Platos



Nutrition Facts	
2.5 servings per container	
<b>Serving size</b>	<b>(269g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>540</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 17g	22%
Saturated Fat 6g	30%
Trans Fat 0g	
<b>Cholesterol</b> 80mg	27%
<b>Sodium</b> 880mg	38%
<b>Total Carbohydrate</b> 66g	24%
Dietary Fiber 10g	36%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 30g	60%
Vitamin D 0mcg	0%
Calcium 325mg	25%
Iron 4.5mg	25%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Rice, Chicken, Refried beans, Rajas con queso, Side of two corn tortillas.

### Fish & Black Beans Platos



Nutrition Facts	
2.5 servings per container	
<b>Serving size</b>	<b>(270g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>480</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 25mg	8%
<b>Sodium</b> 1630mg	71%
<b>Total Carbohydrate</b> 79g	29%
Dietary Fiber 12g	43%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 28g	56%
Vitamin D 0mcg	0%
Calcium 195mg	15%
Iron 5.4mg	30%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Rice, Fish, Black beans, Rajas con queso, Side of two corn tortillas.

### Fish & Refried Beans Platos



Nutrition Facts	
2.5 servings per container	
<b>Serving size</b>	<b>(270g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>480</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 25mg	8%
<b>Sodium</b> 1630mg	71%
<b>Total Carbohydrate</b> 79g	29%
Dietary Fiber 12g	43%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 28g	56%
Vitamin D 0mcg	0%
Calcium 195mg	15%
Iron 5.4mg	30%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Rice, Chicken, Refried beans, Rajas con queso, Side of two corn tortillas.

### Pork & Black Beans Platos



Nutrition Facts	
2.5 servings per container	
<b>Serving size</b>	<b>(276g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>550</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 16g	21%
Saturated Fat 6g	30%
Trans Fat 0g	
<b>Cholesterol</b> 40mg	13%
<b>Sodium</b> 1610mg	70%
<b>Total Carbohydrate</b> 72g	26%
Dietary Fiber 11g	39%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 28g	56%
Vitamin D 0mcg	0%
Calcium 390mg	30%
Iron 5.4mg	30%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Rice, Pork, Black beans, Rajas con queso, Side of two corn tortillas.

## Nutrition & Food Allergy List

- Gluten Free
- Dairy Free
- Contains Traces of meat
- Vegetarian
- Vegan
- Vegan Option available
- Dairy free if vegan Cheese is chosen

### Pork & Refried Beans Platos



Nutrition Facts	
2.5 servings per container	
Serving size	(269g)
Amount Per Serving	
<b>Calories</b>	<b>540</b>
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 880mg	38%
<b>Total Carbohydrate 66g</b>	<b>24%</b>
Dietary Fiber 10g	36%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein 30g</b>	<b>60%</b>
Vitamin D 0mcg	0%
Calcium 325mg	25%
Iron 4.5mg	25%
Potassium 0mg	0%

Rice, Pork, Refried beans, Rajas con queso, Side of two corn tortillas.

### Steak & Black Beans Platos



Nutrition Facts	
2.5 servings per container	
Serving size	(276g)
Amount Per Serving	
<b>Calories</b>	<b>580</b>
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 1560mg	68%
<b>Total Carbohydrate 72g</b>	<b>26%</b>
Dietary Fiber 11g	39%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein 33g</b>	<b>66%</b>
Vitamin D 0mcg	0%
Calcium 390mg	30%
Iron 5.4mg	30%
Potassium 0mg	0%

Rice, Steak, Black beans, Rajas con queso, Side of two corn tortillas.

### Steak & Refried Beans Platos



Nutrition Facts	
2.5 servings per container	
Serving size	(269g)
Amount Per Serving	
<b>Calories</b>	<b>570</b>
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 860mg	37%
<b>Total Carbohydrate 66g</b>	<b>24%</b>
Dietary Fiber 10g	36%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein 31g</b>	<b>62%</b>
Vitamin D 0mcg	0%
Calcium 325mg	25%
Iron 4.5mg	25%
Potassium 0mg	0%

Rice, beef, Refried beans, Rajas con queso, Side of two corn tortillas.

### Veggies & Black Beans Platos



Nutrition Facts	
2.5 servings per container	
Serving size	(290g)
Amount Per Serving	
<b>Calories</b>	<b>500</b>
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 1690mg	73%
<b>Total Carbohydrate 78g</b>	<b>28%</b>
Dietary Fiber 11g	39%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein 22g</b>	<b>44%</b>
Vitamin D 0mcg	0%
Calcium 390mg	30%
Iron 5.4mg	30%
Potassium 0mg	0%

Rice, Vegetables, Refried beans Rajas con queso, Side of two corn tortillas.

### Veggies & Refried Beans Platos



Nutrition Facts	
2.5 servings per container	
Serving size	(283g)
Amount Per Serving	
<b>Calories</b>	<b>500</b>
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 990mg	43%
<b>Total Carbohydrate 72g</b>	<b>26%</b>
Dietary Fiber 10g	36%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein 20g</b>	<b>40%</b>
Vitamin D 0mcg	0%
Calcium 325mg	25%
Iron 4.5mg	25%
Potassium 0mg	0%

Rice, Vegetables, Refried beans, Rajas con queso, Side of two corn tortillas.

### Rice & Black Beans Side



Nutrition Facts	
2 servings per container	
Serving size	(206g)
Amount Per Serving	
<b>Calories</b>	<b>440</b>
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1710mg	74%
<b>Total Carbohydrate 78g</b>	<b>28%</b>
Dietary Fiber 13g	46%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein 20g</b>	<b>40%</b>
Vitamin D 0mcg	0%
Calcium 195mg	15%
Iron 5.4mg	30%
Potassium 0mg	0%

Anatto, Salt, Rice, Onions, Garlic Black beans, Bay leaves, Carrots, Salt.

### Black Beans Side



Nutrition Facts	
1 servings per container	
Serving size	(161g)
Amount Per Serving	
<b>Calories</b>	<b>510</b>
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2010mg	87%
<b>Total Carbohydrate 93g</b>	<b>34%</b>
Dietary Fiber 23g	82%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein 32g</b>	<b>64%</b>
Vitamin D 0mcg	0%
Calcium 260mg	20%
Iron 7.2mg	40%
Potassium 0mg	0%

Black beans, Onions, Garlic Bay leaves, Carrots, Salt.

### Pinto Beans Side



Nutrition Facts	
1 servings per container	
Serving size	(189g)
Amount Per Serving	
<b>Calories</b>	<b>620</b>
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 290mg	13%
<b>Total Carbohydrate 106g</b>	<b>39%</b>
Dietary Fiber 26g	93%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein 37g</b>	<b>74%</b>
Vitamin D 0mcg	0%
Calcium 260mg	20%
Iron 9mg	50%
Potassium 0mg	0%

Pinto beans, Onions, Garlic Bay leaves, Carrots, Salt.



## Nutrition & Food Allergy List

- Gluten Free
- Dairy Free
- Contains Traces of meat
- Vegetarian
- Vegan
- Vegan Option available
- Dairy free if vegan Cheese is chosen

### Refried Beans Side



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(170g)</b>
Amount Per Serving	
<b>Calories</b>	<b>590</b>
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 260mg	11%
<b>Total Carbohydrate 93g</b>	<b>34%</b>
Dietary Fiber 23g	82%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein 33g</b>	<b>66%</b>
Vitamin D 0mcg	0%
Calcium 195mg	15%
Iron 7.2mg	40%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Lard, Pinto beans.

### Mexican Rice Side



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(135g)</b>
Amount Per Serving	
<b>Calories</b>	<b>190</b>
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 710mg	31%
<b>Total Carbohydrate 31g</b>	<b>11%</b>
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein 3g</b>	<b>6%</b>
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1.44mg	8%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Annatto, Salt, Rice, Onions, Garlic.

### Calabacitas Side



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(208g)</b>
Amount Per Serving	
<b>Calories</b>	<b>60</b>
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
<b>Total Carbohydrate 13g</b>	<b>5%</b>
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein 2g</b>	<b>4%</b>
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 0.72mg	4%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Butternut squash, Tomatoes, Zucchini, Onions, Bay leaves, Oregano  
Canola oil, Onions, Garlic.

### Limed Onions Side



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(123g)</b>
Amount Per Serving	
<b>Calories</b>	<b>40</b>
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 650mg	28%
<b>Total Carbohydrate 10g</b>	<b>4%</b>
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein 1g</b>	<b>2%</b>
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.36mg	2%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Onions, Lime juice, Salt, Pepper  
Oregano .

### Pickled Cabbage Sides



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(95g)</b>
Amount Per Serving	
<b>Calories</b>	<b>50</b>
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
<b>Total Carbohydrate 11g</b>	<b>4%</b>
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 0g Added Sugars	0%
<b>Protein 1g</b>	<b>2%</b>
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1.08mg	6%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Red cabbage, Red wine vinegar  
Sugar, Bay leaves, Garlic, Salt,  
Cumin, Pepper .

### Small Chips Bag Side



Nutrition Facts	
4.5 servings per container	
<b>Serving size</b>	<b>(135g)</b>
Amount Per Serving	
<b>Calories</b>	<b>310</b>
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
<b>Total Carbohydrate 59g</b>	<b>21%</b>
Dietary Fiber 8g	29%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein 7g</b>	<b>14%</b>
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 1.44mg	8%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Annatto, Salt, Rice, Onions, Garlic.

### Large Chip Bag Side



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(133g)</b>
Amount Per Serving	
<b>Calories</b>	<b>320</b>
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
<b>Total Carbohydrate 57g</b>	<b>21%</b>
Dietary Fiber 8g	29%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein 7g</b>	<b>14%</b>
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 1.44mg	8%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Butternut squash, Tomatoes, Zucchini, Onions, Bay leaves, Oregano  
Canola oil, Onions, Garlic.

### Chips, Salsa & Guacamole Side



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(448g)</b>
Amount Per Serving	
<b>Calories</b>	<b>470</b>
	% Daily Value*
Total Fat 18g	23%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1270mg	55%
<b>Total Carbohydrate 74g</b>	<b>27%</b>
Dietary Fiber 16g	57%
Total Sugars 9g	
Includes 0g Added Sugars	0%
<b>Protein 11g</b>	<b>22%</b>
Vitamin D 0mcg	0%
Calcium 195mg	15%
Iron 2.7mg	15%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Salsa: Tomatoes, Onions, Jalapenos  
Lime juice, Salt, pepper, Cilantro.  
Guacamole: Avocados, Onions  
Garlic, Cilantro, Lime juice, Salt.

- Gluten Free
- Dairy Free
- Contains Traces of meat
- Vegetarian
- Vegan
- Vegan Option available
- Dairy free if vegan Cheese is chosen

## Nutrition & Food Allergy List

### Guacamole (1/2 Pint) Side



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(202g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>240</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 20g	<b>26%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 11g	<b>39%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	<b>8%</b>
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.36mg	2%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Avocados, Onions, Garlic, Cilantro  
Lime juice, Salt.

### Two Flour Tortillas Side



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(228g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>670</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 113g	<b>145%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 1620mg	<b>70%</b>
<b>Total Carbohydrate</b> 117g	<b>43%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 8g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 18g	<b>36%</b>
Vitamin D 0mcg	0%
Calcium 390mg	30%
Iron 7.2mg	40%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Four Corn Tortillas Side



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(104g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>230</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 48g	<b>17%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	<b>12%</b>
Vitamin D 0mcg	0%
Calcium 260mg	20%
Iron 1.44mg	8%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Fire Roasted Salsa Side



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(174g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>35</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 720mg	<b>31%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	<b>4%</b>
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.72mg	4%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Tomatoes, Poblanos, Onions  
Jalapenos, Chipotle, Oregano  
Salt, Habaneros, Cilantro, Garlic.

### Salsa Fresca Side



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(223g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>45</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 990mg	<b>43%</b>
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	<b>4%</b>
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 0.72mg	4%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Tomatoes, Onions, Jalapenos  
Lime juice, Salt, pepper, Cilantro.