Mexican Style Grilled Chicken Bowl (with Rice and Beans)

Directions:

1. Open pouch and remove oxygen absorber.
2. Prepare in pouch or other suitable container.
3. Add 1 1/2 cups (12 oz) boiling water to ingredients or fold / crease & fill pouch to "E-Z Fill Line" 7.
4. Stir thoroughly then seal pouch or cover.
5. Let stand 10 - 12 minutes; stir again & serve.

Ingredients: Instant White Rice, Black Beans, Grilled Diced Chicken White Meat Freeze Dried (Chicken, Salt), Taco Seasoning [Paprika, Corn Meal, Salt, Onion, Spices, Garlic, Tomato, Citric Acid], Sweet Corn, Pepper Jack Cheese [(Pasteurized Milk, Cheese Cultures, Salt, Jalapeno Peppers, enzymes), Powdered Cellulose (added to prevent caking)], Tomato Flakes, Bell Pepper Red & Green Combo, Red Onion, Sea Salt, Crystalized Lime [Citric Acid, Natural Lime Flavor (maltodextrin, sugar, lime oil, lime juice concentrate, sunflower lecithin, gum arabic, silicon dioxide)], Garlic Granulated, Black Pepper, Cilantro, Jalapeno.

Contains: Milk.

Nutrition Facts

2 servings per container

Serving size		1/2 package (76.5g)

	Per Serving		Per Container	
Calories	**280**		**560**	
		% Daily Value*		% Daily Value*
Total Fat	3.5g	**4%**	7g	**9%**
Saturated Fat	1.5g	**8%**	3g	**15%**
Trans Fat	0g		0g	
Cholesterol	20mg	**7%**	40mg	**13%**
Sodium	630mg	**27%**	1250mg	**54%**
Total Carbohydrate	21g	**8%**	42g	**15%**
Dietary Fiber	3g	**11%**	7g	**25%**
Total Sugars	4g		8g	
Includes Added Sugars	0g	**0%**	0g	**0%**
Protein	14g		29g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	78mg	6%	156mg	10%
Iron	3mg	15%	6mg	35%
Potassium	723mg	15%	1447mg	30%

*The % Daily Value 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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

0g TRANS FAT PER SERVING   GLUTEN FREE

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