

Cubano Bowl

Black beans, quinoa, mango, onion, red and green peppers, jalapeno, wild rice and vegetable medley



WIMS #: 38103

Allergens: milk, soy, wheat

Nutrition Facts

Serving size 1 burger (205 g)

Servings per container 1

Amount per serving

Calories 430

Calories from fat 45

% Daily Value *

Total fat 5 g 8%

Saturated fat 0.5 g 3%

Trans fat 0 g

Cholesterol 0 mg 0%

Sodium 1080 mg 45%

Total carbohydrates 68 g 23%

Dietary fiber 7 g 28%

Sugars 18 g

Protein 25 g

Vitamin A 10% • Vitamin C 4%

Calcium 8% • Iron 15%

* % Daily Values are based on a 2000 calorie diet.

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