

Cycle 2

Black Bean Enchiladas

Black beans, corn, caramelized onions, chihuahua cheese, queso fresco and smoked tomato sauce.



WIMS# 35068

Allergens: Milk

Black Bean Enchiladas	
Nutrition Facts	
1 servings per container	
Serving size	1 meal (362 g)
Amount per serving	
Calories	580
% Daily Value*	
Total Fat 43g	55%
Saturated Fat 22g	110%
Trans Fat 0g	
Cholesterol 100mg	34%
Sodium 1020mg	45%
Total Carbohydrate 40g	15%
Dietary Fiber 2g	8%
Total Sugars 11g	
Protein 18g	
Vitamin D 0.00mcg	0%
Calcium 398mg	33%
Iron 1.2mg	7%
Potassium 460mg	10%

* 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.

© 2024 MenuTrio, LLC