

Cycle 3

Chicken Enchiladas

Roasted chicken, poblanos, onions, Cotija cheese, crema and Guajillo mole sauce



WIMS# 30183

Allergens: Milk, Soy, Tree Nuts (Coconut)

Chicken Enchiladas

Nutrition Facts

1 servings per container

Serving size 1 meal (222 g)

Amount per serving

Calories **450**

% Daily Value*

Total Fat 30g **38%**

Saturated Fat 16g **78%**

Trans Fat 0g

Cholesterol 80mg **27%**

Sodium 1150mg **50%**

Total Carbohydrate 22g **8%**

Dietary Fiber 3g **10%**

Total Sugars 7g

Protein 23g

Vitamin D 0.01mcg **0%**

Calcium 452mg **37%**

Iron 1.4mg **8%**

Potassium 320mg **7%**

* 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.

Note