

Cycle 1

Breakfast Chilaquiles

Chilaquiles with corn tortillas, scrambled egg, MorningStar Farms soy chorizo, Mexican cheeses, salsa verde, scallions, cilantro, and crema.



WIMS# 30356 Allergens: Egg, Milk, Soy

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Nutrition Facts

1 servings per container
Serving size 1 meal (348 g)

Amount per serving
Calories **480**

% Daily Value*

Total Fat 31g **40%**

Saturated Fat 14g **68%**

Trans Fat 0g

Cholesterol 85mg **28%**

Sodium 1500mg **65%**

Total Carbohydrate 32g **12%**

Dietary Fiber 3g **10%**

Total Sugars 7g

Protein 20g

Vitamin D 0.00mcg **0%**

Calcium 479mg **39%**

Iron 2.4mg **15%**

Potassium 600mg **15%**

* 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.

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