

Cycle 3

Crab Enchiladas

Lump crab meat, coconut, corn, and guajillo chile sauce, with crema and queso fresco



WIMS# 30183

Allergens: Milk, Soy, Tree Nuts (Coconut)

Crab Enchiladas

Nutrition Facts

1 servings per container

Serving size

1 meal (320 g)

Amount per serving

Calories

470

% Daily Value*

Total Fat 29g **37%**

Saturated Fat 14g **68%**

Trans Fat 0g

Cholesterol 85mg **28%**

Sodium 910mg **40%**

Total Carbohydrate 40g **15%**

Dietary Fiber 5g **17%**

Total Sugars 9g

Protein 12g

Vitamin D 0.00mcg **0%**

Calcium 144mg **13%**

Iron 0.8mg **5%**

Potassium 360mg **8%**

* 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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