

## Burrito Bowl Wellness Value Meal

<b>Nutrition Facts</b>	
Serving Size 1 each (354g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 450	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 17g	<b>27%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 9g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 690mg	<b>29%</b>
<b>Potassium</b> 810mg	<b>23%</b>
<b>Total Carbohydrate</b> 65g	<b>22%</b>
Dietary Fiber 9g	<b>36%</b>
Sugars 6g	
<b>Protein</b> 13g	
Vitamin A 50%	● Vitamin C 45%
Calcium 20%	● Iron 15%
Thiamin 25%	● Riboflavin 15%
Niacin 20%	● Vitamin B6 25%
Folacin 15%	● Vitamin B12 6%
Phosphorus 40%	● Zinc 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	<b>Calories:</b> 2,000 2,500
<b>Total Fat</b>	Less than 65g 80g
<b>Sat Fat</b>	Less than 20g 25g
<b>Cholesterol</b>	Less than 300mg 300mg
<b>Sodium</b>	Less than 2400mg 2400mg
<b>Total Carbohydrate</b>	300g 375g
<b>Dietary Fiber</b>	25g 30g
<b>Calories per gram:</b>	
Fat 9	* Carbohydrate 4 * Protein 4