

PREPD Chicken Quesadilla

Nutrition Facts

1 serving per container

Serving size (241g)

Calories per serving

410

Amount/serving

Total Fat 19g

Saturated Fat 5g

Trans Fat 0g

Cholesterol 120mg

Sodium 1050mg

Vitamin D 0mcg 0%

% Daily Value*

24%

25%

40%

46%

35%

Amount/serving

Total Carbohydrate 20g

Dietary Fiber 10g

Total Sugars 1g

Includes 0g Added Sugars

Protein 48g

Vitamin D 0mcg 0%

% Daily Value*

7%

36%

0%

20%

2%

* 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.

Calcium 430mg 35%

Iron 3.8mg 20%

Potassium 110mg 2%

INGREDIENTS: PREPD SMOKED CHICKEN QUESADILLA (GRILLED CHICKEN BREAST, LIME JUICE, CHIPOTLES IN ADOBO (CHIPOTLE PEPPERS, VINEGAR, TOMATOES, ONIONS, SUGAR, IODIZED SALT, PAPRIKA, SOYBEAN OIL AND SPICES), SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, <0.1% OF SODIUM BENZOATE (PRESERVATIVE)), CHILI POWDER, OLIVE OIL, GARLIC POWDER, ONION POWDER, CUMIN, WATER, NATURAL HICKORY SMOKE FLAVOR, OREGANO), TORTILLA (WATER, WHOLE WHEAT FLOUR, WHEAT GLUTEN, SOYBEAN OIL, SAFFLOWER OIL, CELLULOSE, SOY FLOUR, GROUND FLAXSEED, OAT FIBER, SOY LECITHIN, MONO-AND DIGLYCERIDES PRESERVATIVES, SALT GUAR GUM, ALUMINUM-FREE LEAVENING (SODIUM ACID PHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE) POTASSIUM SORBATE, SMC GUM, SODIUM METABISULFITE, PREPD CHIPOTLE RANCH (GREEK YOGURT (CULTURED PASTEURIZED NONFAT MILK), WATER, SOYBEAN OIL, VINEGAR, MODIFIED FOOD STARCH, EGG YOLKS, CONTAINS LESS THAN 2 % SALT, EGGS, NATURAL FLAVOR, MUSTARD FLOUR, POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA (AS PRESERVATIVES), PHOSPHORIC ACID, OLEORESIN PAPRIKA, LIME JUICE, CHIPOTLES IN ADOBO (CHIPOTLE PEPPERS, VINEGAR, TOMATOES, ONIONS, SUGAR, IODIZED SALT, PAPRIKA, SOYBEAN OIL AND SPICES), SALT, MONOSODIUM GLUTAMATE, MALTODEXTRIN, DEHYDRATED PARSLEY, GARLIC POWDER, ONION POWDER, CANOLA OIL, CARRAGEENAN BUTTERMILK PRODUCT, TURMERIC, NOT MORE THAN 2% CALCIUM STEARATE ADDED AS AN ANTI-CAKING AGENT), PEPPER JACK CHEESE (MONTEREY JACK CHEESE [PASTEURIZED MILK], JALAPENO PEPPERS, CHEESE CULTURE, SALT, ENZYMES)), POTATO STARCH POWDERED CELLULOSE ADDED TO PREVENT CAKING, NATAMYCIN

CONTAINS: MILK, EGG, WHEAT, SOY

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