

Jack & Quinoa Mamposteao

Nutrition Facts

2 servings per container

Serving size

1 1/2 cup (393g)

	Per Serving	Per Container
Calories	290	570
	% Daily Value*	% Daily Value*
Total Fat	7g 9%	14g 18%
Saturated Fat	1g 5%	1.5g 8%
<i>Trans</i> Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	730mg 32%	1460mg 63%
Total Carb.	45g 16%	90g 33%
Dietary Fiber	12g 43%	23g 82%
Total Sugars	4g	8g
Incl. Added Sugars	0g 0%	0g 0%
Protein	9g	18g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	120mg 8%	230mg 20%
Iron	5.9mg 35%	11.7mg 70%
Potassium	510mg 10%	1020mg 20%

* 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.

INGREDIENTS: ORGANIC YOUNG JACKFRUIT, WATER, SEA SALT, ORGANIC LIME JUICE, BROWN RICE, QUINOA, BEANS, RED PEPPERS, SAUTEED PEPPERS (RED PEPPER, OIL), BANANAS, AVOCADO OIL, SOFRITO, TOMATOES, CILANTRO, GARLIC

HEALTHY PATH MARKET