

Prepared Foods Nutrition Facts



Tastes of Mexico	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Entrees																						
Beef & Mushrooms Braised in Red Chili Sauce (Guajillo Sauce)	4 oz (113g)	150	100	11	17	4.5	23	0	35	12	530	22	4	1	1	4	1	9	10	4	0	180
Braised Pork w/Poblano Salsa Verde	4 oz (113g)	200	120	14	22	5	25	0	45	15	420	18	3	1	1	4	2	16	4	20	0	4
Chicken Enchilada	1 Piece (133g)	150	45	5	8	1.5	8	0	25	8	660	28	16	5	2	8	3	10	15	8	10	8
Chicken Mole	5 oz (142g)	280	170	19	29	4.5	23	0	105	35	250	10	3	1	1	4	1	23	6	0	2	4
Pan Seared Tilapia w/Cherry Tomato Salsa (Veracruz Style)	1 Piece (145g)	170	70	8	12	1	5	0	25	8	300	13	3	1	1	4	1	23	0	4	4	6
Vegetable Enchilada	1 Piece (135g)	170	70	7	11	3	15	0	10	3	590	25	18	6	2	8	3	8	30	6	15	4
Hot Vegetables & Sides																						
Braised Mushrooms w/Jalapenos	4 oz (113g)	70	40	4.5	7	0.5	3	0	0	0	250	10	6	2	2	8	3	2	0	10	2	2
Chicken Empanadas	1 ea (56g)	190	110	13	20	5	25	0	10	3	230	10	14	5	1	4	2	5	10	4	2	6
Flour Tortillas	1 ea. (35g)	90	15	1.5	2	0	0	0	0	0	180	8	18	6	1	4	0	3	0	0	4	4
Fried Plantains	4 oz (113g)	240	70	7	11	2.5	13	0	0	0	0	0	43	14	5	20	25	2	0	0	0	2
Chipotle Corn Cake	1 Cake (57g)	150	45	5	8	1.5	8	0	30	10	260	11	22	7	1	4	9	3	8	8	2	4

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Mexican Black Beans	4 oz (113g)	110	25	3	5	0	0	0	0	0	340	14	14	5	4	16	1	5	0	0	10	30
Mexican Brown Rice	4 oz (113g)	190	45	5	8	0.5	3	0	0	0	190	8	32	11	1	4	4	3	0	4	2	2
Latin Mac & Cheese	4 oz (113g)	170	90	10	15	5	25	0	25	8	190	8	17	6	1	4	2	5	20	10	2	6
Poblano, Corn & Cheese Tamales	1 Each (85g)	170	80	9	14	5	25	0	25	8	260	11	18	6	2	8	3	4	0	130	0	20
Steamed Eggplant w/Roasted Tomato Salsa	4 oz (113g)	30	0	0	0	0	0	0	0	0	350	15	7	2	3	12	4	1	0	10	0	0
Cold Bar																						
Roasted Tomato Salsa	1 oz (28g)	10	0	0	0	0	0	0	0	0	210	9	2	1	1	4	1	0	0	6	0	0
Chunky Guacamole	2 Tbsp (30 g)	50	40	4.5	7	0.5	3	0	0	0	180	8	2	1	2	8	0	1	6	10	0	2
Cilantro Lime Chicken	4 oz (113g)	140	90	10	15	2	10	0	35	12	340	14	3	1	1	4	2	12	2	6	2	6
Green Beans, Zucchini & Shrimp Salad	4 oz (113g)	150	90	11	17	1.5	8	0	15	5	310	13	10	3	2	8	2	4	4	10	4	2
Lime Crema	1 oz (28g)	50	45	5	8	3	15	0	15	5	125	5	1	0	0	0	1	1	2	2	0	0
Mexi Ka-le Salad	4 oz. (113g)	220	150	17	26	4.5	23	0	15	5	840	35	13	4	2	8	6	6	160	110	15	10
Pickled Jalapenos & Carrots	4 oz. (113g)	30	0	0	0	0	0	0	0	0	1030	43	3	1	3	12	3	0	0	0	0	20
Pico de Gallo	2 Tbsp. (25g)	10	5	0	0	0	0	0	0	0	90	4	1	0	0	0	1	0	4	6	0	0

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Pineapple Jicama & Cucumber Salad	4 oz (113g)	100	60	6	9	1	5	0	0	0	210	9	12	4	2	8	8	1	2	50	2	2
Queso Fresco	1 oz (28g)	80	60	7	11	4.5	23	0	25	8	180	8	0	0	0	0	0	6	4	0	20	0
Roasted Carrot & Beet Salad	4 oz (113g)	180	120	14	22	4	20	0	10	3	340	14	12	4	2	8	8	4	170	8	10	4
Roasted Corn & Cabbage Slaw	4 oz (113g)	150	100	11	17	1.5	8	0	5	2	440	18	12	4	2	8	3	2	90	8	20	2
Salsa Verde	1 oz (28g)	10	0	0	0	0	0	0	0	0	190	8	2	1	0	0	1	0	2	15	0	0
Shredded Romaine	1 oz (28g)	5	0	0	0	0	0	0	0	0	0	0	1	0	1	4	0	0	50	10	0	2

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