

USDA Ounce Equivalents of Grain per Serving	
USDA Ounce Equivalents of Meat/Meat Alternate	
Whole Grains (g/serving)	3

Ingredients:
Water, onions, cooked black beans (black beans, water), **cooked brown rice** (water, brown rice), **corn, vegetable oil** (corn, canola and/or sunflower oil), **soy flour, tomatoes, wheat gluten, green chiles, onion powder, egg whites, bulgur wheat, calcium caseinate** (milk), **cornstarch**.
Contains 2% or less of red bell peppers, green bell peppers, spices, cilantro, tomato juice, tomato powder, salt, chipotle peppers, cooked onion and carrot juice concentrate, jalapeno peppers, garlic powder, natural flavor, soy sauce powder (soybeans, wheat, salt), gum arabic, vinegar, citric acid, green pepper juice, garlic juice, lime juice.

[illegible]

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Nutrient Contents Per 100g			
Calories	158	Vitamin E	0 mg
Total Fat	5.8 g	Vitamin K	NA mcg
Saturated Fat	0.9 g	Thiamin	0.05 mg
Trans Fat	0.0 g	Riboflavin	0.10 mg
Polyunsaturated Fat	3.1 g	Niacin (NE)	3.0 mg
Monounsaturated Fat	1.6 g	Vitamin B6	0.05 mg
Cholesterol	3 mg	Folate (DFE)	24 mcg
Sodium	371 mg	Folic Acid	0 mcg
Total Carbohydrate	18.6 g	Vitamin B12	0.0 mcg
Dietary Fiber	6.8 g	Biotin	NA mcg
Soluble Fiber	3.9 g	Pantothenic Acid	NA mg
Insoluble Fiber	2.9 g	Phosphorus	134 mg
Total Sugars	2.3 g	Iodine	NA mcg
Added Sugars	1.1 g	Magnesium	17 mg
Sugar Alcohols	NA g	Zinc	0.3 mg
Protein	13.4 g	Selenium	NA mcg
Vitamin D	0 mcg	Copper	NA mg
Calcium	84.4 mg	Manganese	NA mg
Iron	1.8 mg	Chromium	NA mcg
Potassium	343 mg	Molybdenum	NA mcg
Vitamin A (RAE)	38 mcg	Chloride	NA mg
Vitamin C	9 mg	Choline	NA mg
NA = Database values for the nutrient do not exist or are incomplete.		Fluoride	NA mg
		Moisture	60.3 %
		Ash	1.9 %
		Whole Grain	3 %

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