Zesty Chicken & Bean Enchilada

Nutrition Facts

Serving Size 1 entree (293 grams)

Amount Per Serving	
Calories 415	Calories from Fat 134
	% Daily Values*
Total Fat 15g	**23%**
Saturated Fat 4.5g	**23%**
Trans Fat 0g	
Cholesterol 70mg	**23%**
Sodium 460mg	**19%**
Total Carbohydrate 42g	**14%**
Dietary Fiber 6g	**24%**
Sugars 4g	
Protein 30g	**60%**

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Chicken breast, tomato sauce, black beans, corn tortilla, mozzarella cheese, green chilies, green olives, green onion, chili powder, cumin, garlic powder, vegetable oil, corn flour, salt, onion powder