



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