



Nutrition Facts

about 3 servings per container

Serving Size

3/4 cup (110 g)

Amount Per serving

Calories **110**

% Daily Value*

Total Fat 3 g 4 %

Saturated Fat 1.5 g 8 %

Trans Fat 0 g

Cholesterol 5 mg 2 %

Sodium 260 mg 11 %

Total Carbohydrate 18 g 7 %

Dietary Fiber 2 g 7 %

Total Sugars 7 g

Incl Added Sugars 0 g 0 %

Protein 4 g

Calcium 35 mg 2%

Iron 0.0 mg 0%

Potassium 120 mg 2%

Vitamin A 0 mcg 0%

Vitamin C 3 mg 4%

Not a significant source of Vitamin D

* 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.

Microwave Oven Cooking Instructions:

1. Place face down in microwave-safe dish. Do not puncture package.
2. Microwave on High Power for 4.5 to 5.5 minutes*. During cooking, the bag will slowly inflate. Special vents in the bag will allow steam to escape while cooking. The pouch should cook inflated at full steam pressure for 30 to 60 seconds.
3. Let bag stand for 2 minutes before opening. Carefully handle bag at corners and shake gently to mix. Tear or cut the top of the bag open. Pour contents out and mix well. Enjoy!

*Per 1100 watt microwave. Increase cook time as needed if a lower wattage oven is used.

Cook to 165°F for quality and food safety.

KEEP FROZEN. DO NOT THAW.

INGREDIENTS: CORN, WATER, COTIJA CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), MONTEREY JACK CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT ENZYMES), LESS THAN 2% OF: FLAX SEED, SALT, SUGAR, CHIPOTLE PEPPER, GUAJILLO CHILI PEPPER, SPICES, TOMATO POWDER, DRIED GARLIC, BLACK PEPPER, ONION POWDER, BROWN SUGAR, PAPRIKA, LIME JUICE SOLIDS, MALTODEXTRIN, CORN SYRUP SOLIDS, POTASSIUM CHLORIDE, CITRIC ACID, NATURAL FLAVORS.

CONTAINS: MILK.

NET WT. 12 OZ (340 g)

STRONG ROOTS. BRIGHT FUTURE.

