

# Mexican Cauliflower "Fried Rice" IP

## Nutrition Facts

Serving Size: 12 oz (340g)

Servings Per Container: 1

### Amount Per Serving

**Calories** 310

Calories from Fat 140

**% Daily Value\***

**Total Fat** 15g

**23%**

Saturated Fat 3.5g

18%

Trans Fat 0g

**Cholesterol** 70mg

**23%**

**Sodium** 250mg

**10%**

**Total Carbohydrate** 16g

**5%**

Dietary Fiber 6g

**24%**

**Sugars 5g**

**Protein 29g**

Vitamin A 60%

Vitamin C 220%

Calcium 10%

Iron 25%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: CAULIFLOWER, GROUND BEEF, GREEN CHILI PEPPERS, RED BELL PEPPERS, CILANTRO, SCALLIONS, GRAPE SEED OIL, PAPRIKA, GARLIC, GRANULATED GARLIC, BLACK PEPPER, CHILI POWDER, ONION POWDER, CHIVES, CHIPOTLE CHILE PEPPER, CUMIN

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