

keep refrigerated

440 Cal.

MARY'S HARVEST

FRESH FOODS

Where convenience is made fresh and local.

U.S. INSPECTED AND PASSED BY DEPARTMENT OF AGRICULTURE EST. 1906

FRESH & LOCAL

Southwest Chicken Wrap w/ Rib Meat

NET WT. 7oz (198g)

Nutrition Facts

Serving Size 7 oz (198g)
Servings Per Container 1 Wrap

Amount Per Serving

Calories 440

% Daily Value *

Total Fat 18.0g 28%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 990mg 41%

Total Carbohydrate 53g 18%

Dietary Fiber 6g 24%

Sugars 4g

Protein 18g

Vitamin A 40% * Vitamin C 15%

Calcium 15% * Iron 25%

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

Ingredients: SALSA, TORTILLA (Enriched Unbleached Wheat Flour (Wheat Flour, Enzyme added for improved baking), Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Liquid and Hydrogenated Soybean Oil, Hydrogenated Cottonseed Oil, TBHQ) and Citric Acid added to protect flavor, Seasoning (Salt, Tomato, Onion, Paprika, Jalapeno Spices, Black Pepper, Red Pepper, Cayenne), Garlic, Chili Pepper, Cilantro and less than 2% Salt, Citric Acid and Sunflower Oil added to prevent caking, Vegetable Oil (may contain one or more of the following: Canola Oil, Corn Oil, Soybean Oil, Sunflower Oil), Less than 2% of the following: L-Cysteine (Monohydrochloride), Leavening (Sodium Acid Phosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Salt, Calcium Propionate (preservative), Food Starch-Modified Yeast, Sodium Dicarboxylate, FULLY COOKED SEASONED DICED CHICKEN BREAST WITH RIB MEAT (Chicken Breast with Rib Meat, Water, Rice Starch, Natural Flavor, Black Pepper), CORN, BLACK BEANS (Black Beans, Water, Sugar, Salt, Calcium Chloride, Ferric Gluconate), ROASTED RED PEPPER (Roasted Red Peppers, Water, Salt, Citric Acid), ROMAINE LETTUCE, MAYONNAISE (Soybean Oil, Eggs, Water, Distilled Vinegar, Contains less than 2% of Salt, Sugar, Lemon Juice Concentrate, Calcium Disodium EDTA added to protect flavor, Natural Flavors), CAYENNE PEPPER

Contains Egg, Wheat

Use By: 10/25/18



8 89724 15945 7

6/7 OZ

**WRAP CHICKEN SW RIB
MEAT**

Item # 17591

Use By: 10/26/18

KEEP REFRIGERATED

Dist. by Duck Delivery Portland OR 97211



6/7 OZ

**WRAP CHICKEN SW RIB
MEAT**

Item # 230698

Use By:10/26/18

KEEP REFRIGERATED

Dist. by Duck Delivery Portland OR 97211



6/7 OZ

**WRAP CHICKEN SW RIB
MEAT**

Item # 4265

Use By:10/25/18

KEEP REFRIGERATED

Dist. by Duck Delivery Portland OR 97211



TRADER JOSÉ'S



MEXICALI INSPIRED
SALAD

WITH CHILI SEASONED CHICKEN

**WHITE CHICKEN MEAT, MIXED GREENS, CORN, PEPPERS,
SUN-DRIED TOMATOES, PUMPKIN SEEDS AND PARMESAN CHEESE
WITH A JALAPENO CAESAR DRESSING**



PERISHABLE, KEEP REFRIGERATED

BEST BY:

SKU#97216-51775 PNW

NET WT. 11 OZ (312g)

MEXICALI INSPIRED SALAD

Nutrition Facts

Serving Size 1 container (312g/11oz)

salad plus dressing

Servings Per Container 1

Amount Per Serving	WITH DRESSING*	WITHOUT DRESSING
Calories	430	250
Calories from Fat	230	90
% Daily Value**		
Total Fat 26g*	40%	15%
Saturated Fat 7g	35%	15%
Trans Fat 0g		
Cholesterol 55mg	18%	13%
Sodium 1030mg	43%	28%
Potassium 360mg	10%	10%
Total Carbohydrate 24g	8%	7%
Dietary Fiber 7g	28%	24%
Sugars 6g		
Protein 26g		
Vitamin A	60%	50%
Vitamin C	160%	150%
Calcium	30%	15%
Iron	25%	25%

* Amount with salad dressing. Dressing adds 180 calories, 140 calories from fat, 16g total fat (4g saturated fat), 15mg cholesterol, 370mg sodium, 3g total carbohydrate, 5g protein.

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

INGREDIENTS: SALAD: ROMAINE LETTUCE, GRILLED DICED CHILI LIME SEASONED CHICKEN BREAST WITH RIB MEAT (CHICKEN BREAST WITH RIB MEAT, WATER, SOY SAUCE [WATER, SOYBEANS, WHEAT, SALT], CONTAINS 2% OR LESS OF PAPRIKA, BLACK PEPPER, CHILI PEPPER POWDER, CORIANDER, OREGANO, CUMIN, BROWN SUGAR, SALT, LIME JUICE CONCENTRATE, CILANTRO, SUGAR, SODIUM LACTATE, CANOLA OIL), GREEN CABBAGE, RED CABBAGE, FIRE ROASTED SWEET CORN, RED BELL PEPPER, GREEN BELL PEPPER, SPRING MIX GREENS (BABY LETTUQUES [RED ROMAINE, GREEN ROMAINE, RED OAK LEAF, GREEN OAK LEAF, RED LEAF, LOLLO ROSA, TANGO], RED CHARD, GREEN CHARD, MIZUNA, ARUGULA, MACHE, FRISEE, RADICCHIO [GREENS MAY VARY BY SEASON]), PUMPKIN SEEDS, PARMESAN CHEESE (PASTEURIZED PART SWISS MILK, CHEESE CULTURE, SALT, MICROBIAL RENNIN, CELLULOSE POWDER), SUN DRIED TOMATOES (TOMATOES, SALT), CILANTRO. JALAPENO CAESAR DRESSING: WATER, DRESSING (EXPELLER PRESSED CANOLA OIL, WATER, BROWN RICE SYRUP, APPLE CIDER VINEGAR, SOY PROTEIN, SEA SALT, MUSTARD FLOUR, LEMON JUICE CONCENTRATE), GRATED ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES, POWDERED CELLULOSE, NATAMYCIN), JALAPENO PEPPER, CILANTRO, LEMON JUICE CONCENTRATE, EXPELLER PRESSED CANOLA OIL, DIJON MUSTARD (DISTILLED VINEGAR, WATER, MUSTARD SEED, SALT, WHITE WINE, CITRIC ACID, TURMERIC, SPICES), CHOPPED GARLIC (WATER, GARLIC), SEA SALT, XANTHAN GUM, CORNSTARCH. **CONTAINS SOY, WHEAT, MILK.**

DIST. & SOLD EXCLUSIVELY BY:
TRADER JOE'S, MONROVIA, CA 91016



SKU#97216-51775 PNV B