

# Brrreakfast - Veggie (Gluten Free)

**Nutrition Facts**

1 serving per container

**Serving size (208g)**

**Calories per serving 460**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 25g	<b>32 %</b>	<b>Total Carbohydrate</b> 37g	<b>13 %</b>
Saturated Fat 6g	<b>30 %</b>	Dietary Fiber 14g	<b>50 %</b>
<i>Trans Fat</i> 0g		Total Sugars 5g	
<b>Cholesterol</b> 230mg	<b>77 %</b>	Includes 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 550mg	<b>24 %</b>	<b>Protein</b> 20g	
Vitamin D 1.2mcg 6% • Calcium 280mg 20% • Iron 5mg 30% • Potassium 910mg 20%			

\* 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.

INGREDIENTS: SCRAMBLED EGG, GLUTEN FREE TORTILLA (WATER, SWEET POTATO FLOUR, MIXED WHOLEGRAIN FLOURS (SORGHUM FLOUR, BROWN RICE FLOUR, MILLET FLOUR, BROWN TEFF FLOUR, QUINOA FLOUR, AMARANTH FLOUR, BUCKWHEAT FLOUR), POTATO FLOUR, CORN STARCH, TAPIOCA STARCH, CELLULOSE, INULIN, XANTHAN GUM, PEA PROTEIN, CULTURED DEXTROSE, GUAR GUM, MONO & DIGLYCERIDES, SALT, PSYLLIUM HUSK, SUNFLOWER OIL, CANOLA OIL, SOURDOUGH (FERMENTED FROM QUINOA, CORN AND RICE FLOUR), CELLULOSE GUM, CARROT POWDER, CITRIC ACID, YEAST, MALIC ACID, TOMATO POWDER, TARTARIC ACID, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE, ASCORBIC ACID, GLUCONO DELTA LACTONE, SORBIC ACID), AVOCADO, BLACK BEANS, MONTEREY JACK CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT AND ENZYMES), TOMATILLOS, POBLANO PEPPERS, ONION, OIL BLEND (CANOLA OIL, OLIVE OIL), LIME JUICE, CILANTRO, GARLIC, SALT

CONTAINS: MILK, EGG

MADE IN A FACILITY THAT MAY PROCESS COMMON ALLERGENS

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