

EAT.
MOVE.
SAVE.

MEAL KIT.

Southwestern Style Rice Bowl

Recipe adapted from University of Minnesota Extension



Items in Box:

- 1lb bag of rice
- 15 oz canned black beans
- 15 oz canned chickpeas
- 2 ears of corn
- 2 red peppers
- 1 yellow pepper
- 1 lb bag of carrots
- 1 head of celery
- 2 jalapeño peppers

*The nutrition label is based on the provided recipe and not the contents within the box. This is due to the ingredients being subject to change based on source availability.

Nutrition Facts

Serving Size **1.4 cups**
(314g)

Amount Per Serving
Calories **310**

% Daily Value *

Total Fat 4g 5%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 420mg 18%

Total Carbohydrate 63g 23%

Dietary Fiber 6g 21%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 9g 18%

Vit. D 0mcg 0% · Calcium 50mg 4%

Iron 4.2mg 25% · Potas. 330mg 8%

* 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.