

# EVERGREENS

## El Sombrero

### Ingredients

Romaine, Arugula, Grape Tomatoes, Fire Roasted Corn, Jalapenos, Black Beans (prepared black beans, water, salt, calcium chloride, ferrous gluconate), Tortilla Chips (stoneground corn masa flour, trace of lime, vegetable oil (canola oil or soybean oil), salt and water), Beecher's Flagship (pasteurized milk, salt, culture, enzymes)



### Salad

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>1 salad</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>560</b>
% Daily Value*	
<b>Total Fat</b> 34g	<b>43%</b>
Saturated Fat 12.4g	<b>62%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 720mg	<b>31%</b>
<b>Total Carbohydrate</b> 47g	<b>17%</b>
Dietary Fiber 15g	<b>53%</b>
Total Sugars 8g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 21g	<b>43%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
*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.	

### Grain Bowl

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>1 grain bowl</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>740</b>
% Daily Value*	
<b>Total Fat</b> 37g	<b>47%</b>
Saturated Fat 12.4g	<b>62%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 960mg	<b>42%</b>
<b>Total Carbohydrate</b> 85g	<b>31%</b>
Dietary Fiber 20g	<b>71%</b>
Total Sugars 8g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 27g	<b>53%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
*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.	

### Wrap

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>1 wrap</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>820</b>
% Daily Value*	
<b>Total Fat</b> 42g	<b>54%</b>
Saturated Fat 12.4g	<b>62%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 1190mg	<b>52%</b>
<b>Total Carbohydrate</b> 90g	<b>33%</b>
Dietary Fiber 19g	<b>67%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 29g	<b>57%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
*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.	

### Common Allergies

Always let us know if you have an allergy before we prepare your salad.

**Dairy:** Beecher's

**Eggs:** None

**Peanuts:** None

**Tree Nuts:** None

**Soy:** Tortilla Chips

**Wheat:** Wraps

**Fish:** None

**Shellfish:** None

### Nutrition Facts

1 servings per container	
<b>Serving size</b>	<b>1 ounce</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>100</b>
% Daily Value*	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	<b>0%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
*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.	

### Cilantro-Lime Dressing

**Ingredients**  
Olive Oil, Lime Juice, Cilantro, Honey, Balsamic Vinegar (wine vinegar, cooked and concentrated grape must, caramel for color), Garlic, Jalapeno, Ginger, Kosher Salt, Black Pepper

\*1 ounce dressing is, "lightly dressed"