



Nutrition Facts/Allergen
Information

Here at CilantroMex, our goal is to provide our customers with the freshest, most delicious, and most nutritious foods. We use the freshest meats and produce when preparing our signature recipes. Our recipes strive to be low in saturated fat, cholesterol, and sodium and we avoid gluten and common allergens in a majority of our products.

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Tortillas, Taco Shells, & Chips

Tortilla Chips (GF)

Ingredients:

White Corn Tortillas (*white food grade corn, water, & a trace of lime*)

Lime Juice

Kosher Salt

Soy Oil

Common Allergens:

N/A

Nutrition Facts:

Serving Size: 2 oz (small chips)

Calories: 198

Calories from Fat: 66

Protein: 3 g

Carbohydrates: 30 g

Dietary Fiber: 3 g

Fat: 1.5 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 560 mg

Serving Size: 6 oz (large chips)

Calories: 594

Calories from Fat: 198

Protein: 9 g

Carbohydrates: 90 g

Dietary Fiber: 9 g

Fat: 4.5 g

Saturated Fat: 3 g

Cholesterol: 0 mg

Sodium: 1680 mg

Hard Taco Shells (GF)

Ingredients:

Yellow Corn Tortillas (*stone ground corn, water, propionic acid, phosphoric acid, & a trace of lime*)

Soy Oil

Common Allergens:

N/A

Nutrition Facts:

Serving Size: 4 tacos

Calories: 195

Calories from Fat: 35

Protein: 4 g

Carbohydrates: 32 g

Dietary Fiber: 5 g

Fat: 2 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 10 mg

12" White Tortillas

Ingredients:

Enriched unbleached flour (wheat flour, malt barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, palm oil, salt, calcium sulfate, dextrose, sodium aluminum phosphate, sodium bicarbonate, calcium propionate, fumaric acid, potassium sorbate, mono and diglycerides, calcium and sulfate, guar gum, sodium metabisulfate, sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate

Common Allergens:

Wheat, Soy

Nutrition Facts:

Serving Size: 118 g (1 tortilla)

Calories: 340

Calories from Fat: 70

Protein: 8 g

Carbohydrates: 59 g

Dietary Fiber: 3 g

Fat: 7 g

Saturated Fat: 3.5 g

Cholesterol: 0 mg

Sodium: 850 mg

12" Wheat Tortillas

Ingredients:

Whole wheat flour, water, palm oil, salt, calcium sulfate, dextrose, sodium aluminum phosphate, sodium bicarbonate, calcium propionate, fumaric acid, potassium sorbate, mono-diglycerides, guar gum, carboxymethyl cellulose, sodium metabisulfate

Common Allergens:

Wheat, Soy

Nutrition Facts:

Serving Size: 71 g (1 tortilla)

Calories: 220

Calories from Fat: 45

Protein: 6 g

Carbohydrates: 38 g

Dietary Fiber: 3 g

Fat: 4.5 g

Saturated Fat: 2 g

Cholesterol: 0 mg

Sodium: 480 mg

12" Tomato Tortillas

Ingredients:

Unbleached Unbromated Enriched White Flour (*wheat flour, malt barley flour, niacin, iron, thiamin, riboflavin*), Palm Oil, Salt, Calcium Sulfate, Dextrose, Sodium Aluminum Phosphate, Sodium Bicarbonate, Calcium Propionate, Fumaric Acid, Potassium Sorbate, Mono-Diglycerides, Guar Gum, Carboxymethyl Cellulose, Sodium Metabisulfate, Tomatoes, Spices, Onion and Garlic Powder, Bell Peppers, Natural Flavors, Basil

Common Allergens:

Wheat, Soy

Nutrition Facts:

Serving Size: 71 g (1 tortilla)

Calories: 210

Calories from Fat: 40

Protein: 5 g

Carbohydrates: 38 g

Dietary Fiber: 2 g

Fat: 4.5 g

Saturated Fat: 2 g

Cholesterol: 0 mg

Sodium: 350 mg

12" Spinach Tortillas

Ingredients:

Unbleached Unbromated Enriched White Flour (*wheat flour, malt barley flour, niacin, iron, thiamin, riboflavin*), Palm Oil, Salt, Calcium Sulfate, Dextrose, Sodium Aluminum Phosphate, Sodium Bicarbonate, Calcium Propionate, Fumaric Acid, Potassium Sorbate, Mono-Diglycerides, Guar Gum, Carboxymethyl Cellulose, Sodium Metabisulfate, Spinach Powder, Garlic, Onion, Spices, Citric Acid

Common Allergens:

Wheat, Soy

Nutrition Facts:

Serving Size: 71 g (1 tortilla)

Calories: 180

Calories from Fat: 20

Protein: 6 g

Carbohydrates: 34 g

Dietary Fiber: 3 g

Fat: 3 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 380 mg

12" Chipotle Tortillas

Ingredients:

Bleached enriched wheat flour (*flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid*), water, soybean oil, hydrogenated vegetable oil, Chipotle seasoning (*paprika, salt, maltodextrin, chipotle pepper*), autolyzed yeast extract, natural smoke flavor, caramel color, sodium diacetate, natural liquid smoke, spice extractive, silicon dioxide, less than 2% of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), fumaric acid, dough conditioner (wheat flour, calcium sulfate, and sorbic acid)

Common Allergens:

N/A

Nutrition Facts:

Serving Size: 102 g (1 tortilla)

Calories: 320

Calories from Fat: 90

Protein: 8 g

Carbohydrates: 49 g

Dietary Fiber: 4 g

Fat: 10 g

Saturated Fat: 2 g

Cholesterol: 0 mg

Sodium: 1000 mg

10" White Tortillas

Ingredients:

Enriched unbleached flour (wheat flour, malt barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, palm oil, salt, calcium sulfate, dextrose, sodium aluminum phosphate, sodium bicarbonate, calcium propionate, fumaric acid, potassium sorbate, mono and diglycerides, calcium and sulfate, guar gum, sodium metabisulfate, sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate

Common Allergens:

Wheat, Soy

Nutrition Facts:

Serving Size: 71 g (1 tortilla)

Calories: 160

Calories from Fat: 30

Protein: 5 g

Carbohydrates: 27 g

Dietary Fiber: 1 g

Fat: 3.5 g

Saturated Fat: 1.5 g

Cholesterol: 0 mg

Sodium: 380 mg

10" Wheat Tortillas

Ingredients:

Whole wheat flour, water, palm oil, salt, calcium sulfate, dextrose, sodium aluminum phosphate, sodium bicarbonate, calcium propionate, fumaric acid, potassium sorbate, mono-diglycerides, guar gum, carboxymethyl cellulose, sodium metabisulfate

Common Allergens:

Wheat, Soy

Nutrition Facts:

Serving Size: 71 g (1 tortilla)

Calories: 220

Calories from Fat: 45

Protein: 6 g

Carbohydrates: 38 g

Dietary Fiber: 3 g

Fat: 4.5 g

Saturated Fat: 2 g

Cholesterol: 0 mg

Sodium: 480 mg

6" Flour Tortillas (tacos)

Ingredients:

Bleached enriched wheat flour (*flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid*), water, soybean oil, hydrogenated vegetable oil, contains 2% or less of the following: salt, leavening (*sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate*), dough conditioner (*sodium stearoyl lactylate, calcium sulfate*), potassium sorbate

Common Allergens:

Wheat

Nutrition Facts:

Serving Size: 87 g (3 tortillas)

Calories: 255

Calories from Fat: 60

Protein: 6 g

Carbohydrates: 42 g

Dietary Fiber: 3 g

Fat: 6.75 g

Saturated Fat: 1.5 g

Cholesterol: 0 mg

Sodium: 450 mg

6" Soft Corn Tortillas (tacos)(GF)

Ingredients:

Whole Ground Corn

Lime

Cellulose Gum

Propionic Acid

Benzoic Acid

Phosphoric Acid

Guar Gum

Amylase

Common Allergens:

N/A

Nutrition Facts:

Serving Size: 3 tortillas

Calories: 180

Calories from Fat: 27

Protein: 4.5 g

Carbohydrates: 36 g

Dietary Fiber: 3 g

Fat: 3 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 15 mg

Cold Line Items

Puréed Medium Salsa (GF)

Ingredients:

Tomatoes
Jalapeño Peppers
Red Onion
Cilantro
Kosher Salt
Garlic Powder
Cumin

Common Allergens:

N/A

Nutrition Facts:

Serving Size: 45 g (1 ladle full)

Calories: 10

Calories from Fat: 1

Protein: .5 g

Carbohydrates: 2 g

Dietary Fiber: .62 g

Fat: .11 g

Saturated Fat: .01 g

Cholesterol: 0 mg

Sodium: 126 mg

Puréed Spicy Salsa (GF)

Ingredients:

Tomatoes
Jalapeño Peppers
Red Onion
Cilantro
Kosher Salt
Garlic Powder
Cumin

Common Allergens:

N/A

Nutrition Facts:

Serving Size: 50 g (1 ladle full)

Calories: 11

Calories from Fat: 1

Protein: .5 g

Carbohydrates: 2.5 g

Dietary Fiber: .75 g

Fat: .13 g

Saturated Fat: .02 g

Cholesterol: 0 mg

Sodium: 122 mg

Salsa Verde/Tomatillo Salsa (GF)

Ingredients:

Tomatillos
Jalapeño Peppers
Kosher Salt
Red Onion
Cilantro
Lime Juice

Common Allergens:

N/A

Nutrition Facts:

Serving Size: 45 g (1 ladle full)

Calories: 14

Calories from Fat: 3.5

Protein: .43 g

Carbohydrates: 3 g

Dietary Fiber: 1 g

Fat: .4 g

Saturated Fat: .06 g

Cholesterol: 0 mg

Sodium: 274 mg

Corn Mango Salsa (GF)

Ingredients:

Corn
Jalapeño Peppers
Kosher Salt
Red Onion
Cilantro
Mango
Citrus Juice

Common Allergens:

N/A

Nutrition Facts:

Serving Size: 57 g (1 level scoop)

Calories: 47

Calories from Fat: 3

Protein: 1 g

Carbohydrates: 10 g

Dietary Fiber: 1.3 g

Fat: .3 g

Saturated Fat: .01 g

Cholesterol: 0 mg

Sodium: 77 mg

Tomato Salsa/Pico de Gallo (GF)

Ingredients:

Tomatoes
Jalapeño Peppers
Kosher Salt
Red Onion
Cilantro
Citrus Juice

Common Allergens:

N/A

Nutrition Facts:

Serving Size: 70 g (1 level scoop)

Calories: 14

Calories from Fat: 1.23

Protein: .63 g

Carbohydrates: 3 g

Dietary Fiber: 1 g

Fat: .14 g

Saturated Fat: .02 g

Cholesterol: 0 mg

Sodium: 100 mg

Guacamole (GF)

Ingredients:

Avocados
Jalapeño Peppers
Table Salt
Red Onion
Cilantro
Citrus Juice

Common Allergens:

N/A

Nutrition Facts:

Serving Size: 73 g (1 spatula full)

Calories: 108

Calories from Fat: 87

Protein: 1.4 g

Carbohydrates: 6 g

Dietary Fiber: 4.5 g

Fat: 10 g

Saturated Fat: 1.4 g

Cholesterol: 0 mg

Sodium: 180 mg

Sour Cream (GF)

Ingredients:

Sour Cream
Half & Half

Common Allergens:

Dairy

Nutrition Facts:

Serving Size: 2 oz

Calories: 106.5

Calories from Fat: 80

Protein: 1.85 g

Carbohydrates: 2 g

Dietary Fiber: 0 g

Fat: 9 g

Saturated Fat: 6 g

Cholesterol: 35 mg

Sodium: 20 mg

Romaine Lettuce

Ingredients:

Romaine Lettuce

Common Allergens:

N/A

Nutrition Facts (Salad Lettuce):

Serving Size: 70 g

Calories: 12

Calories from Fat: 0

Protein: .85 g

Carbohydrates: 2.32 g

Dietary Fiber: 1.5 g

Fat: .2 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 5.63 mg

Nutrition Facts (Shredded Lettuce):

Serving Size: 45 g (1 small handful)

Calories: 7.7

Calories from Fat: 0

Protein: .5 g

Carbohydrates: 1.5 g

Dietary Fiber: .5 g

Fat: .08 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 2.2 mg

Monterey Jack Cheese, Shredded

Ingredients:

Monterey Jack Cheese

Common Allergens:

Dairy

Nutrition Facts:

Serving Size: 20 g (1 pinch)

Calories: 75

Calories from Fat: 54

Protein: 5 g

Carbohydrates: .14 g

Dietary Fiber: 0 g

Fat: 6 g

Saturated Fat: 4 g

Cholesterol: 18 mg

Sodium: 107 mg

Jalapeño Peppers, diced

Ingredients:

Jalapeño Peppers

Common Allergens:

N/A

Nutrition Facts:

Serving Size: 15 g (1 pinch)

Calories: 4

Calories from Fat: .45

Protein: .13 g

Carbohydrates: 1 g

Dietary Fiber: .42 g

Fat: .05 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: .5 mg

Cilantro

Ingredients:

Cilantro

Common Allergens:

N/A

Nutrition Facts:

Serving Size: 2 g (1 pinch)

Calories: .5

Calories from Fat: 0

Protein: .05 g

Carbohydrates: .05 g

Dietary Fiber: .05 g

Fat: 0 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 1 mg

Lime Juice

Ingredients:

Limes

Common Allergens:

N/A

Nutrition Facts:

Serving Size: 3 g (1 lime wedge, juiced)

Calories: .4

Calories from Fat: 0

Protein: 0 g

Carbohydrates: .1 g

Dietary Fiber: 0 g

Fat: 0 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 0 mg

Hot Line Items

Sautéed Peppers (GF)

Ingredients:

Green Bell Peppers

Oregano

Table Salt

Soy Oil

Common Allergens:

N/A

Nutrition Facts:

Serving Size: 28 g

Calories: 13

Calories from Fat: 8

Protein: .24 g

Carbohydrates: 1 g

Dietary Fiber: .5 g

Fat: .86 g

Saturated Fat: .14 g

Cholesterol: 0 mg

Sodium: 205 mg

Sautéed Onions (GF)

Ingredients:

Onions
Oregano
Table Salt
Soy Oil

Common Allergens:

N/A

Nutrition Facts:

Serving Size: 28 g

Calories: 17

Calories from Fat: 6

Protein: .31 g

Carbohydrates: 2.5 g

Dietary Fiber: .5 g

Fat: .69 g

Saturated Fat: .11 g

Cholesterol: 0 mg

Sodium: 166 mg

White Rice (GF)

Ingredients:

White Rice

Bay Leaf

Soy Oil

Table Salt

Citrus Juice

Cilantro

Common Allergens:

N/A

Nutrition Facts:

Serving Size: 130 g (1 heaping spoonful)

Calories: 166

Calories from Fat: 3.2

Protein: 3.5 g

Carbohydrates: 36 g

Dietary Fiber: .5 g

Fat: .36 g

Saturated Fat: .1 g

Cholesterol: 0 mg

Sodium: 248 mg

Brown Rice (GF)

Ingredients:

Brown Rice
Bay Leaf
Soy Oil
Table Salt
Citrus Juice
Cilantro

Common Allergens:

N/A

Nutrition Facts:

Serving Size: 130 g (1 heaping spoonful)

Calories: 142

Calories from Fat: 10.4

Protein: 3.3 g

Carbohydrates: 29.5 g

Dietary Fiber: 2.3 g

Fat: 1 g

Saturated Fat: .2 g

Cholesterol: 0 mg

Sodium: 207 mg

Pinto Beans (GF)

Ingredients:

Pinto Beans
Red Onion
Chili Powder
Black Pepper
Cajun Seasoning
Garlic Powder
Citrus Juice
Table Salt

Common Allergens:

N/A

Nutrition Facts:

Serving Size: 113 g (1 spoonful)

Calories: 169

Calories from Fat: 5.4

Protein: 10.3 g

Carbohydrates: 31 g

Dietary Fiber: 7.5 g

Fat: .6 g

Saturated Fat: .12 g

Cholesterol: 0 mg

Sodium: 234 mg

Black Beans (GF)

Ingredients:

Black Beans
Red Onion
Green Bell Peppers
Garlic Powder
Cajun Seasoning
Oregano
Bay Leaves

Common Allergens:

N/A

Nutrition Facts:

Serving Size: 95 g (1 spoonful)

Calories: 135

Calories from Fat: 5

Protein: 8.5 g

Carbohydrates: 25 g

Dietary Fiber: 6 g

Fat: .5 g

Saturated Fat: .15 g

Cholesterol: 0 mg

Sodium: 103 mg

Refried Pinto Beans (GF)

Ingredients:

Pinto Beans
Red Onion
Garlic Powder
Table Salt
Chili Powder
Cumin
Citrus Juice

Common Allergens:

N/A

Nutrition Facts:

Serving Size: 93.55 g (1 spoonful)

Calories: 130.5

Calories from Fat: 4.5

Protein: 8 g

Carbohydrates: 24 g

Dietary Fiber: 6 g

Fat: .5 g

Saturated Fat: .09 g

Cholesterol: 0 mg

Sodium: 425 mg

Adobo Grilled Chicken (GF)

Ingredients:

Apple Cider Vinegar
Soy Oil
Garlic Powder
Black Pepper
Crushed Red Pepper
Chili Powder
Kosher Salt
Chicken Thighs

Common Allergens:

N/A

Nutrition Facts:

Serving Size: 88 g (1 heaping scoop)

Calories: 107

Calories from Fat: 35.5

Protein: 17 g

Carbohydrates: 1 g

Dietary Fiber: .23 g

Fat: 4 g

Saturated Fat: .75 g

Cholesterol: 65 mg

Sodium: 132 mg

BBQ Chicken (GF)

Ingredients:

Apple Cider Vinegar

Soy Oil

Garlic Powder

Black Pepper

Crushed Red Pepper

Chili Powder

Kosher Salt

Chicken Thighs

Sweet Baby Ray's BBQ Sauce (*high fructose corn syrup, distilled vinegar, tomato paste, modified food starch, less than 2% of: salt, pineapple juice concentrate, natural smoke flavor, spices, caramel color, sodium benzoate, molasses, corn syrup, garlic, sugar, tamarind, natural flavor*)

Common Allergens:

N/A

Nutrition Facts:

Serving Size: 116 g (1 heaping scoop)

Calories: 180

Calories from Fat: 24

Protein: 11 g

Carbohydrates: 28 g

Dietary Fiber: .16 g

Fat: 2.7 g

Saturated Fat: .5 g

Cholesterol: 44 mg

Sodium: 537 mg

Buffalo Chicken (GF)

Ingredients:

Apple Cider Vinegar

Soy Oil

Garlic Powder

Black Pepper

Crushed Red Pepper

Chili Powder

Kosher Salt

Chicken Thighs

Frank's Red Hot Buffalo (*distilled vinegar, aged cayenne red peppers, salt, water, canola oil, paprika, xanthan gum, natural butter type flavor, and garlic powder*)

Common Allergens:

N/A

Nutrition Facts:

Serving Size: 109 g (1 heaping scoop)

Calories: 87

Calories from Fat: 31

Protein: 12 g

Carbohydrates: 1.95 g

Dietary Fiber: .79 g

Fat: 3.4 g

Saturated Fat: .64 g

Cholesterol: 45 mg

Sodium: 1,291 mg

Spicy Chicken (GF)

Ingredients:

Apple Cider Vinegar
Soy Oil
Garlic Powder
Black Pepper
Crushed Red Pepper
Chili Powder
Kosher Salt
Chicken Thighs
Soy Oil
Red Onion
Tomato
Jalapeño Peppers
Citrus Juice
Cumin
Table Salt
Cajun Seasoning

Common Allergens:

N/A

Nutrition Facts:

Serving Size: 125 g (1 heaping scoop)

Calories: 143

Calories from Fat: 50

Protein: 21 g

Carbohydrates: 2.2 g

Dietary Fiber: .64 g

Fat: 5.5 g

Saturated Fat: 1 g

Cholesterol: 80 mg

Sodium: 352 mg

Spicy Mexican Steak (GF)

Ingredients:

Chuck Steak
Table Salt
Cumin
Chili Powder
Garlic Powder
Black Pepper
Tomato
Jalapeño Peppers
Red Onion
Soy Oil

Common Allergens:

N/A

Nutrition Facts:

Serving Size: 122 g (1 heaping scoop)

Calories: 154

Calories from Fat: 55.5

Protein: 21 g

Carbohydrates: 3 g

Dietary Fiber: .78 g

Fat: 6 g

Saturated Fat: 1.75 g

Cholesterol: 49 mg

Sodium: 489 mg

Ground Beef (GF)

Ingredients:

Ground Beef
Red Onion
Oregano
Cumin
Garlic Powder
Table Salt

Common Allergens:

N/A

Nutrition Facts:

Serving Size: 88 g (1 heaping scoop)

Calories: 160

Calories from Fat: 83

Protein: 15 g

Carbohydrates: 4 g

Dietary Fiber: 1 g

Fat: 9 g

Saturated Fat: 3.5 g

Cholesterol: 49 mg

Sodium: 463 mg

Pulled Pork (GF)

Ingredients:

Boneless Pork
Caramel Color
Paprika
Water
Salt
Orange Juice Concentrate
Sodium Phosphates

Common Allergens:

N/A

Nutrition Facts:

Serving Size: 80 g

Calories: 95.5

Calories from Fat: 34.4

Protein: 15 g

Carbohydrates: 0 g

Dietary Fiber: 0 g

Fat: 4 g

Saturated Fat: 2 g

Cholesterol: 43 mg

Sodium: 525 mg

BBQ Pulled Pork (GF)

Ingredients:

Boneless Pork

Caramel Color

Paprika

Water

Salt

Orange Juice Concentrate

Sodium Phosphates

Sweet Baby Ray's BBQ Sauce (*high fructose corn syrup, distilled vinegar, tomato paste, modified food starch, less than 2% of: salt, pineapple juice concentrate, natural smoke flavor, spices, caramel color, sodium benzoate, molasses, corn syrup, garlic, sugar, tamarind, natural flavor*)

Common Allergens:

N/A

Nutrition Facts:

Serving Size: 91 g

Calories: 118

Calories from Fat: 32.5

Protein: 14.5 g

Carbohydrates: 7 g

Dietary Fiber: 0 g

Fat: 3.6 g

Saturated Fat: 1.8 g

Cholesterol: 40.6 mg

Sodium: 613 mg

Spicy Shrimp (GF)

Ingredients:

Shrimp
Cajun Seasoning
Chili Powder
Crushed Red Pepper
Garlic Powder
Soy Oil
Lime Juice

Common Allergens:

Shellfish

Nutrition Facts:

Serving Size: 74.5 g (1 heaping scoop)

Calories: 67

Calories from Fat: 21

Protein: 9.7 g

Carbohydrates: 1.3 g

Dietary Fiber: .14 g

Fat: 2.4 g

Saturated Fat: .44 g

Cholesterol: 88.8 mg

Sodium: 506 mg

Queso Cheese (GF)

Ingredients:

Land O' Lakes Hot Pepper Cheese (*cultured pasteurized milk and skim milk, buttermilk, milkfat, jalapeno peppers, salt, less than 2%: sodium and potassium phosphates, bell peppers, vinegar, oleoresin capsicum, lactic acid, acetic acid, milk protein concentrate, enzymes*)

Half & Half

Common Allergens:

Dairy

Nutrition Facts:

Serving Size: 113 g (1 large ladle full)

Calories: 305

Calories from Fat: 224

Protein: 13.7 g

Carbohydrates: 4 g

Dietary Fiber: 0 g

Fat: 25 g

Saturated Fat: 15.5 g

Cholesterol: 66 mg

Sodium: 1,157.5 mg

Desserts

Dulce's

Ingredients:

Pancake Mix (*enriched bleached flour(wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, dextrose, leavening (baking soda, calcium phosphate, sodium aluminum phosphate), buttermilk, contains 2% or less of: salt, canola oil, potassium bicarbonate, eggs, corn starch, colored with yellow 5 and red 40, iron, niacin, vitamin B6, riboflavin, thiamin mononitrate, folic acid, vitamin B12)*)

Cinnamon-Sugar

Soy Oil

Common Allergens:

Wheat, Dairy, Eggs

*This is not a gluten free product

Nutrition Facts:

Serving Size: 170 g (3 pieces)

Calories: 441

Calories from Fat: 23.7

Protein: 8.7 g

Carbohydrates: 103 g

Dietary Fiber: 13 g

Fat: 2.6 g

Saturated Fat: .07 g

Cholesterol: 7.9 mg

Sodium: 745 mg