



INDULGENCE



DINNERS FOR TWO

CINCO DE MAYO

FARM BOY BLUE CORN TORTILLAS

Nutrition Facts Valeur nutritive	
Per 2 tortillas (55 g) pour 2 tortillas (55 g)	
Calories 110	
Total Fat / Lipides 1 g	1 %
Saturated / saturés 0.2 g	1 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 25 g	
Fiber / Fibres 0 g	0 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 75 mg	3 %
Potassium 100 mg	2 %
Calcium 30 mg	2 %
Iron / Fer 1 mg	6 %
* 5% or less is a little, 15% or more is a lot * 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Blue corn masa flour, water, guar gum, calcium propionate, fumaric acid, salt

VEGETABLE SLAW

Nutrition Facts Valeur nutritive	
Per 1/2 container (50 g) pour 1/2 recipient (50 g)	
Calories 20	
Total Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 5 g	
Fiber / Fibres 2 g	6 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 20 mg	1 %
Potassium 150 mg	3 %
Calcium 30 mg	2 %
Iron / Fer 0.4 mg	2 %
* 5% or less is a little, 15% or more is a lot * 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Cabbage, Red Cabbage, Carrots, Green onions, Cilantro

VEGETABLE SLAW DRESSING

Nutrition Facts Valeur nutritive	
Per 1 tbsp (15 mL) pour 1 c. à soupe (15 mL)	
Calories 40	
Total Fat / Lipides 4 g	5 %
Saturated / saturés 0.3 g	1 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 1 g	
Fiber / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 0.1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 240 mg	10 %
Potassium 0 mg	0 %
Calcium 0 mg	0 %
Iron / Fer 0 mg	0 %
* 5% or less is a little, 15% or more is a lot * 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Light Mayonnaise (water, canola oil, modified corn and potato starch, liquid whole egg, sugar, sorbic acid, spices, natural colour, natural flavour, calcium disodium EDTA), Lime juice, Garlic flowers (garlic flowers, canola or sunflower oil, lactic starter culture, acetic acid*, lactic acid*). *may be added), Salt

Contains: Egg

BAJA SHRIMP TACO FILLING

Nutrition Facts Valeur nutritive	
Per 1/2 package (175 g) pour 1/2 paquet (175 g)	
Calories 200	
Total Fat / Lipides 9 g	12 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 12 g	
Fiber / Fibres 2 g	7 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 21 g	
Cholesterol / Cholestérol 150 mg	
Sodium 1040 mg	45 %
Potassium 300 mg	6 %
Calcium 100 mg	8 %
Iron / Fer 0.5 mg	3 %
* 5% or less is a little, 15% or more is a lot * 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Shrimp (shrimp, salt, sulphites), Tomatoes, Onion, Green pepper, Red pepper, Olive oil, Jalapeno peppers, Lime juice, Seasoning (Salt, paprika, dextrose (corn), dehydrated vegetables (garlic, onion, tomato, red bell pepper, green bell pepper, celery), sugars (sugar, corn syrup solids), spices, canola oil, turmeric, paprika extract, spice extracts, caramel color), Garlic flowers (garlic flowers, canola or sunflower oil, lactic starter culture, acetic acid*, lactic acid*). *may be added), Garlic, Cilantro, Canola oil, Salt, Chipotle peppers and adobo sauce (chipotle peppers, water, tomato paste, salt, sugar, onions, vinegar), Black pepper

Contains: Shrimp, Sulphite.

Nutrition Facts Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Calories 140	
Total Fat / Lipides 9 g	12 %
Saturated / saturés 1.5 g	6 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 11 g	
Fiber / Fibres 2 g	6 %
Sugars / Sucres 5 g	5 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 0 mg	
Sodium 770 mg	33 %
Potassium 2750 mg	59 %
Calcium 20 mg	2 %
Iron / Fer 0.4 mg	2 %
* 5% or less is a little, 15% or more is a lot * 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

TORTILLA SOUP

Ingredients: Chicken broth (water, chicken, carrots, onions, celery, parsley, thyme), Tomatoes, Onions, Olive oil, Water, Lime juice, Tomato paste (tomatoes, salt, citric acid), Cornstarch, Salt, Jalapeno peppers, Garlic, Chilli powder

KEEP REFRIGERATED.

Produced in a facility where these common allergens are present: peanuts, tree nuts, sesame, milk, eggs, seafood/fish, soy, wheat/gluten, sulphites, mustard.

FRIED TORTILLA STRIPS

Nutrition Facts Valeur nutritive	
Per 1 tpsb (7 g) pour 1 c. à soupe (7 g)	
Calories 90	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 9 g	12 %
Saturated / saturés 0.5 g	
+ Trans / trans 0 g	3 %
Carbohydrate / Glucides 4 g	
Fiber / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 0.4 g	
Cholesterol / Cholestérol 0 mg	
Sodium 80 mg	3 %
Potassium 10 mg	0 %
Calcium 10 mg	1 %
Iron / Fer 0.2 mg	1 %

Ingredients: Yellow Corn Tortillas (corn masa flour, water, guar gum, calcium propionate, fumaric acid, salt.), Canola oil, Salt

PORK IN SALSA VERDE WITH CHORIZO

Nutrition Facts Valeur nutritive	
Per 1/2 package (295 g) pour 1/2 paquet (295 g)	
Calories 490	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 16 g	21 %
Saturated / saturés 4.5 g	
+ Trans / trans 0.1 g	22 %
Carbohydrate / Glucides 30 g	
Fiber / Fibres 9 g	31 %
Sugars / Sucres 20 g	20 %
Protein / Protéines 55 g	
Cholesterol / Cholestérol 115 mg	
Sodium 1560 mg	68 %
Potassium 1250 mg	27 %
Calcium 350 mg	27 %
Iron / Fer 5.5 mg	31 %

Ingredients: Tomatillo (tomatillos, water, salt, citric acid), Milk, Buttermilk (skim milk, guar gum, carrageenan, locust bean gum, salt, bacterial culture), Olive oil, Onion, Monterey Jack cheese (Fresh pasteurized milk, bacterial culture, salt, microbial enzyme), Jalapeno peppers, Parsley, Garlic, Lime Juice, Salt, Chives, Cilantro, Lemon Zest, Sugar, Thyme, Chili peppers, Chipotle pepper powder, Paprika, canola oil, Black pepper.

Contains: Milk.

CILANTRO RICE

Nutrition Facts Valeur nutritive	
Per 1 cup (150 g) pour 1 cup (150 g)	
Calories 210	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 5 g	7 %
Saturated / saturés 0.5 g	
+ Trans / trans 0 g	4 %
Carbohydrate / Glucides 37 g	
Fiber / Fibres 1 g	2 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 4 g	
Cholesterol / Cholestérol 0 mg	
Sodium 590 mg	26 %
Potassium 75 mg	2 %
Calcium 20 mg	2 %
Iron / Fer 1.75 mg	10 %

Ingredients: Rice, Water, Olive oil, Cilantro, Lime Juice, Salt, Garlic, Parsley

LIME FETA CREMA

Nutrition Facts Valeur nutritive	
Per 2 tbsp (30 mL) pour 2 c. à soupes (30 mL)	
Calories 70	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 6 g	8 %
Saturated / saturés 4 g	
+ Trans / trans 0.2 g	21 %
Carbohydrate / Glucides 1 g	
Fiber / Fibres 0 g	0 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 20 mg	
Sodium 200 mg	9 %
Potassium 30 mg	1 %
Calcium 30 mg	2 %
Iron / Fer 0.1 mg	1 %

Ingredients: Sour Cream (cream, milk, skim milk powder, modified corn starch, guar gum, carrageenan, carob bean gum, sodium citrate, sodium phosphate, bacterial culture), Feta (pasteurized cows milk, calcium chloride, microbial enzyme, bacterial culture), Lime juice, Green onions, Chives, Salt

Contains: milk.

ZUCCHINI A LA MEXICANA

Nutrition Facts Valeur nutritive	
Per 1/2 cup (90 g) pour 1/2 cup (90 g)	
Calories 70	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 4.5 g	6 %
Saturated / saturés 0.5 g	
+ Trans / trans 0 g	3 %
Carbohydrate / Glucides 7 g	
Fiber / Fibres 2 g	6 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 240 mg	10 %
Potassium 400 mg	9 %
Calcium 20 mg	2 %
Iron / Fer 0.75 mg	4 %

Ingredients: Zucchini, Tomatoes, Red pepper, Corn, Onions, Olive Oil, Lime Juice, Cilantro, Salt, Garlic, Black Pepper, Parsley

NO-CHURN CINNAMON ICE CREAM

Nutrition Facts Valeur nutritive	
Per 1/2 container (88 g) pour 1/2 récipient (88 g)	
Calories 300	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 23 g	30 %
Saturated / saturés 14 g	
+ Trans / trans 0.5 g	74 %
Carbohydrate / Glucides 22 g	
Fiber / Fibres 0 g	0 %
Sugars / Sucres 20 g	20 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 85 mg	
Sodium 70 mg	3 %
Potassium 20 mg	0 %
Calcium 50 mg	4 %
Iron / Fer 0.1 mg	1 %

Ingredients: Whipping Cream (cream, milk, carrageenan, mono and diglycerides, cellulose gum, polysorbate 80, sodium citrate), Sugars (agave syrup), Vanilla extract, Cinnamon, Salt, Xanthan gum.

Contains: Milk.

CHOCO MOLE SAUCE

Nutrition Facts Valeur nutritive	
Per 2 tbsp (30 mL) pour 2 c. à soupes (30 mL)	
Calories 100	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 7 g	10 %
Saturated / saturés 4.5 g	
+ Trans / trans 0.1 g	22 %
Carbohydrate / Glucides 9 g	
Fiber / Fibres 1 g	4 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 10 mg	
Sodium 10 mg	0 %
Potassium 10 mg	0 %
Calcium 20 mg	2 %
Iron / Fer 1.5 mg	8 %

Ingredients: Dark chocolate (unsweetened chocolate, sugar, cocoa butter, soy lecithin, natural vanilla flavour), Whipping Cream (cream, milk, carrageenan, mono and diglycerides, cellulose gum, polysorbate 80, sodium citrate), Milk, Sugar (agave syrup), Vanilla extract, Cinnamon.

Contains: Milk, Soy.

CHURRO PUFFS

Nutrition Facts Valeur nutritive	
Per 1 each (120 g) pour 1 each (120 g)	
Calories 370	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 21 g	28 %
Saturated / saturés 12 g	
+ Trans / trans 0 g	58 %
Carbohydrate / Glucides 39 g	
Fiber / Fibres 1 g	3 %
Sugars / Sucres 19 g	19 %
Protein / Protéines 9 g	
Cholesterol / Cholestérol 185 mg	
Sodium 65 mg	3 %
Potassium 100 mg	2 %
Calcium 50 mg	4 %
Iron / Fer 2 mg	11 %

Ingredients: Egg, Wheat flour, Butter, Water, Sugar, Milk, Vanilla extract, Cinnamon

Contains: Wheat, Milk, Egg.