

H·E·B

Shake, Rattle & Bowl

4g of FIBER
13g of PROTEIN
CONTAINS 27g OF FAT PER SERVING.
SEE NUTRITION FACTS FOR FAT,
SAT. FAT AND SODIUM CONTENT

U.S.
INSPECTED
AND PASSED BY
DEPARTMENT OF
AGRICULTURE
EST. 34733

Complete
Salad For One

Rowdy Ranch
Hand

chop blend, carnitas
and ranch croutons
with jalapeno dressing

390
CALORIES
PER BOWL

ROWDY RANCH SALAD

Nutrition Facts

Serving Size 1 Container (234g)
Servings Per Container 1

Amount Per Serving		% Daily Value	
Calories 390	Calories from Fat 240		
Total Fat 27g		42%	
Saturated Fat 5g		25%	
Trans Fat 0g			
Cholesterol 45mg		15%	
Sodium 770mg		32%	
Potassium 350mg		10%	
Total Carbohydrate 23g		8%	
Dietary Fiber 4g		16%	
Sugars 6g			
Protein 13g		26%	

Vitamin A 150% • Vitamin C 50%
Calcium 20% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat. Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

INGREDIENTS: ROMAINE LETTUCE, JALAPENO RANCH DRESSING (CANOLA OIL, NON FAT BUTTERMILK WHEY, WATER, SKIM MILK POWDER, CORN STARCH, TAPIOCA STARCH, CARRAGEENAN, LOCUST BEAN GUM, CULTURE, WATER, EGG YOLK, JALAPENO PEPPERS, DISTILLED VINEGAR, SALT, SUGAR, GREEN ONION, APPLE CIDER VINEGAR, SPICES, DRIED GARLIC, XANTHAN GUM, DRIED ONION, SKIM MILK POWDER BLEND (WATER, WHEY, SODIUM CASEINATE, SKIM MILK POWDER), DRIED BELL PEPPER, MUSTARD FLOUR, GUAR GUM, PAPRIKA, CABBAGE, SEASONED SHREDDED PORK, CARAMEL COLOR ADDED (PORK, PORK STOCK, LESS THAN 2% LEMON JUICE CONCENTRATE, VINEGAR, CHILI PEPPER, SALT, YEAST EXTRACT, NATURAL FLAVOR INCLUDING SUNFLOWER OIL), SPICE, GUM ARABIC, CARAMEL COLOR, RED CABBAGE, CARROT, RANCH CROUTONS (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, MALT), REDUCED IRON, THIAMINE MONONITRATE, NIacin, RIBOFLAVIN, FOLIC ACID, CAROLINA AND/OR SUNFLOWER OIL, SALT, YEAST, CULTURED NONFAT MILK, 2% OR LESS OF HIGH FRUCTOSE CORN SYRUP, DEHYDRATED PARSLEY, NATURAL FLAVORS (MILK), ONION POWDER, WHEY, GARLIC POWDER, CALCIUM PHOSPHATE (PRESERVATIVE), AUTOLYZED YEAST EXTRACT, HYDROLYZED CORN PROTEIN, LACTIC ACID, CALCIUM LACTATE, CITRIC ACID, DISODIUM INOSINATE, DISODIUM GUANYLATE, ENZYMES, ASCORBIC ACID, TRIO (TO PRESERVE FRESHNESS), ROASTED CORN, PEPPER JACK CHEESE (PASTEURIZED MILK, JALAPENO PEPPERS, CHEESE CULTURE, SALT, ENZYMES, POTATO STARCH AND POWDERED CELLULOSE (ANTI-CAKING), NATAMYON (HIBITOL®), GREEN ONION.

CONTAINS: MILK, EGGS, WHEAT.

MADE WITH PRIDE AND CARE FOR H-E-B®, SAN ANTONIO, TEXAS 78204

PRODUCT OF USA & MEXICO

PERISHABLE • KEEP REFRIGERATED

BEST USED BY DATE: ON PACKAGE

FOR EASY MIXING:

1. Open Container and Peel Back Film.
2. Pour dressings and empty out toppings on greens.
3. Cover with top and shake (firmly hold lid & bowl while shaking) until dressing is evenly coated over greens.
4. Take top off and enjoy on the run!

100% GUARANTEE promise
If you aren't completely pleased with this product, we'll be happy to replace it or refund your money. You have our word on it.
Charles Britt

114588 - Z75



INGREDIENTS: ROMAINE LETTUCE, BBQ RANCH DRESSING (WATER, BUTTERMILK CULTURED PASTEURIZED SKIM MILK AND MILK, SODIUM CITRATE AND SALT, SOYBEAN OIL, TOMATO PASTE, SUGAR, DISTILLED VINEGAR, SALT, CONTAINS LESS THAN 2% OF MOLASSES, NATURAL FLAVORS, EGG YOLKS, MUSTARD SEED, SPICES, XANTHAN GUM, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), DEHYDRATED GARLIC, DEHYDRATED PARSLEY, DEHYDRATED ONION, CITRIC ACID, LACTIC ACID, CORN SYRUP, SODIUM INOSINATE & DISODIUM GUANYLATE, AUTOLYZED YEAST EXTRACT, CARAMEL COLOR, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, CELERY SEED, TAMARIND, WHITE MEAT CHICKEN (CHICKEN BREAST WITH SKIN, WATER, CULTURED SUGAR AND VINEGAR, POTATO STARCH, SEA SALT, NATURAL FLAVORINGS), TORTILLA STRIPS (STONE GROUND YELLOW CORN, STONE GROUND BLUE CORN, SUNFLOWER OIL OR CORN OIL, SEA SALT, WATER, TRACE OF LIME), PEPPER JACK CHEESE (PEPPER JACK CHEESE, PASTEURIZED MILK, JALAPENO PEPPERS, CHEESE CULTURE, SALT, ENZYMES), POTATO STARCH AND POWDERED CELLULOSE (TO PREVENT CAKING), NATAMYON (HIBITOL®), RED CABBAGE, CARROT, ROMA TOMATOES, CORN, BLACK BEANS (BLACK BEANS, WATER, SALT, FEROLUS (CALCIUM)), YELLOW ONION, FRESH CALANFLO, JALAPENO PEPPERS.
CONTAINS EGGS, MILK.

Nutrition Facts
Serving Size 1 Container (299g)
Servings Per Container 1

Amount Per Serving		% Daily Value	
Calories 360	Calories from Fat 170		
Total Fat 15g		29%	
Saturated Fat 5g		29%	
Trans Fat 0g			
Cholesterol 50mg		17%	
Sodium 1290mg		54%	
Total Carbohydrate 32g		11%	
Dietary Fiber 4g		16%	
Sugars 13g			
Protein 13g			

Vitamin A 150% • Vitamin C 50%
Calcium 15% • Iron 25%

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Dietary Fiber	25g	30g
Protein	50g	65g

Calories per gram:
Fat = Carbohydrate = Protein = 4

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P.O. BOX 99, PLEASANTON, CA 94566-0099
1-877-232-4271
QUALITY & SATISFACTION GUARANTEED
OR YOUR MONEY BACK

SOUTHWEST STYLE SALAD
with CHICKEN



Signature CAFE

SOUTHWEST STYLE SALAD
with CHICKEN

Romaine Lettuce, White Meat Chicken, Black Beans, Corn, Yellow Onions, Jalapeno Peppers with BBQ Ranch Dressing

NET WT. 10.5OZ (298g)
PERISHABLE KEEP REFRIGERATED