

EL MESÓN SANDWICHES

Premium Breakfast Sandwich

Nutrition Facts/	
Datos de Nutrición	
1 Serving per container/Ración por envase	
Serving Size/Tamaño Ración 13oz (361g)	
Amount per serving/Cantidad por Envase	
Calories/Calorías	530
% Daily Value/%Valor Diario*	
Total Fat/Grasa Total 19g	24%
Saturated Fat/Grasa Saturada 6g	30%
Trans Fat/Grasa Trans 0g	
Cholesterol/Colesterol 220mg	66%
Sodium/Sodio 1900mg	82%
Total Carbohydrate/Carbohidratos Totales 59g	20%
Dietary Fiber/Fibra Dietaria 3g	10%
Total Sugars/Total Azúcares 7g	
Includes/Incluye 3g Added Sugars/Azúcares Añadidas	6%
Protein/Proteína 33g	
Vitamin D/Vitamina D 0mcg	0%
Calcium/Calcio 260mg	20%
Iron/Hierro 3mg	16%
Potassium/Potasio 270mg	7%
*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.	
*El % de Valor Diario (VD) indica cuanta cantidad de un nutriente en una ración de alimento contribuye a una dieta diaria. 2,000 calorías al día se utilizan para el consejo general de nutrición.	

Ingredients: Bread [(enriched wheat flour (bleached wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sodium stearoyl lactylate, contains less than 2% of soybean oil, water, ascorbic acid, enzymes, L-cysteine hydrochloride), yeast, calcium propionate)], Virginia Ham (pork ham cured with water, dextrose, salt, contains less than 2% or less of smoke flavoring, sodium erythorbate, sodium nitrite, sodium phosphate, cottonseed oil), Egg, Cabbage, Tomatoes, American Cheese (milk, whey, cream, milk protein concentrate, sodium citrate, calcium phosphate, modified food starch, contains less than 2% of salt, whey protein concentrate, gelatin, sodium polyphosphate, sorbic acid (preservative), citric acid, lactic acid, color added, vitamin D3, vitamin A palmitate, enzymes, cheese culture), Margarine [(soybean oil, hydrogenated vegetable oil (palm kernel and palm oil), water, salt, whey (milk), soy lecithin, potassium sorbate and sodium benzoate (used to protect quality), distilled monoglycerides, citric acid, artificial flavor, vitamin A palmitate, beta carotene

Premium Breakfast Sandwich – continuación Listado de Ingredientes

(color)], Mayonnaise [(soybean oil, water, corn syrup, egg yolks, distilled vinegar, contains less than 2% of salt, spice, calcium disodium, EDT (added to protect flavor)],
Contains: Egg, Milk, Soy, Wheat

Ingredientes: Pan Criollo (harina de trigo enriquecida blanqueada (harina de trigo blanqueada, harina de cebada malteada, niacina, hierro, bromato de potasio, mononitrato de tiamina, riboflavina, ácido fólico), agua, azúcar, manteca, mejorante, levadura, propionato de calcio), Jamón Virginia (jamón de cerdo curado con agua, dextrosa, sal, contiene 2% o menos de sabor ahumado, eritorbato de sodio, nitrito de sodio, fosfato de sodio, aceite de semilla de algodón), Huevo, Repollo, Tomate, Queso Americano (leche, suero, crema, concentrado proteína de leche, citrato de sodio, fosfato de calcio, almidón de alimento modificado, contiene menos de 2% de sal, concentrado de suero de leche, gelatina, polifosfato de sodio, ácido sórbico (conservante), ácido cítrico, ácido láctico, color añadido, vitamina D3, palmitato de vitamina A, enzimas, cultivo de queso), Margarina (aceite de soya, aceite vegetal hidrogenado (aceite de palmiste y palma), agua, sal, suero (leche), lecitina de soya, sorbato de potasio y benzoato de sodio (usado para proteger la calidad), monodiglicéridos destilados, ácido cítrico, sabor artificial, palmitato de vitamina A, beta caroteno (color), Mayonesa (aceite de soya, agua, jarabe de maíz, yema de huevo, vinagre destilado, contiene menos de 2% de sal, especias, disodio de calcio, EDT (añadido para proteger el sabor).

Contiene: Huevo, leche, Soya, Trigo.

Multi Column: El Mesón Premium Breakfast Sandwich

Nutrient	Per Svg	Per 100g	Nutrient	Per Svg	Per 100g
Gram Weight (g)	361.29	100.00	Vitamin B12 (mcg)	0.52	0.14
Calories (kcal)	525.10	145.34	Biotin (mcg)	7.05	1.95
Calories from Fat (kcal)	160.37	44.39	Vitamin C (mg)	21.73	6.02
Calories from SatFat (kcal)	54.67	15.13	Vitamin D - IU (IU)	0	0
Protein (g)	32.63	9.03	Vitamin D - mcg (mcg)	0	0
Carbohydrates (g)	58.70	16.25	Vitamin E - Alpha-Toco (mg)	0.69	0.19
Dietary Fiber (g)	3.34	0.93	Folate (mcg)	133.27	36.89
Soluble Fiber (g)	1.14	0.32	Folate, DFE (mcg)	42.69	11.82
Total Sugars (g)	7.37	2.04	Vitamin K (mcg)	5.13	1.42
Monosaccharides (g)	0.74	0.21	Pantothenic Acid (mg)	0.59	0.16
Disaccharides (g)	0	0	Calcium (mg)	261.53	72.39
Other Carbs (g)	46.89	12.98	Chromium (mcg)	1.42	0.39
Fat (g)	18.84	5.22	Copper (mg)	0.04	0.01
Saturated Fat (g)	6.07	1.68	Fluoride (mg)	0	0
Mono Fat (g)	3.08	0.85	Iodine (mcg)	19.98	5.53
Poly Fat (g)	0.80	0.22	Iron (mg)	2.93	0.81
Trans Fatty Acid (g)	0	0	Magnesium (mg)	20.27	5.61
Cholesterol (mg)	217.77	60.28	Manganese (mg)	0.10	0.03
Water (g)	152.08	42.09	Molybdenum (mcg)	9.48	2.62
Vitamin A - IU (IU)	636.13	176.07	Phosphorus (mg)	278.71	77.14
Vitamin A - RAE (mcg)	109.39	30.28	Potassium (mg)	270.28	74.81
Vitamin A - Carotenoid RE (mcg)	32.30	8.94	Selenium (mcg)	15.98	4.42
Vitamin A - Retinol RE (mcg)	93.24	25.81	Sodium (mg)	1899.18	525.67
Vitamin A - b-Carotene (mcg)	141.72	39.23	Zinc (mg)	1.23	0.34
Vitamin B1 - Thiamin (mg)	0.07	0.02	Omega 3 Fatty Acid (g)	0.10	0.03
Vitamin B2 - Riboflavin (mg)	0.33	0.09	Omega 6 Fatty Acid (g)	0.70	0.19
Vitamin B3 - Niacin (mg)	0.37	0.10	Alcohol (g)	0	0
Niacin Equivalents (mg)	1.41	0.39	Caffeine (mg)	0	0
Vitamin B6 (mg)	0.13	0.04	Choline (mg)	0	0

EL MESÓN SANDWICHES

French Toast Montecristo

Nutrition Facts/ Datos de Nutrición	
1 Serving per container/Ración por envase Serving Size/Tamaño Ración 10.6oz (301g)	
Amount per serving/Cantidad por Envase	
Calories/Calorías	530
% Daily Value/%Valor Diario*	
Total Fat/Grasa Total 28g	35%
Saturated Fat/Grasa Saturada 11g	55%
Trans Fat/Grasa Trans 0g	
Cholesterol/Colesterol 180mg	54%
Sodium/Sodio 950mg	41%
Total Carbohydrate/Carbohidratos Totales 27g	9%
Dietary Fiber/Fibra Dietaria 0g	0%
Total Sugars/Total Azúcares 17g	
Includes/Incluye 17g Added Sugars/Azúcares Añadidas	34%
Protein/Proteína 44g	
Vitamin D/Vitamina D 0mcg	0%
Calcium/Calcio 370mg	28%
Iron/Hierro 2mg	10%
Potassium/Potasio 220mg	6%
*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.	
*El % de Valor Diario (VD) indica cuanta cantidad de un nutriente en una ración de alimento contribuye a una dieta diaria. 2,000 calorías al día se utilizan para el consejo general de nutrición.	

Ingredients: French Toast (Bread, whole eggs, sugar, whey, contains 2% or less of the followings: salt, natural vanilla flavor, xanthan gum, citric acid), Turkey (turkey breast, turkey broth and 2 % or less of salt, carrageenan, sugar, sodium citrate, sodium phosphate and sodium diacetate), Virginia Ham (pork ham, cured with water, dextrose, salt, contains 2% or less of smoke flavoring, sodium erythorbate, sodium nitrite, sodium phosphate, cottonseed oil), Swiss Cheese (cultured pasteurized part- skim milk, salt, enzymes), Margarine (soybean oil, hydrogenated vegetable oil (palm kernel and palm oil), water, salt, whey (milk), soy lecithin, potassium sorbate and sodium benzoate (used to protect quality), distilled monoglycerides, citric acid, artificial flavor, vitamin A palmitate, beta carotene (color), Confectioners' Sugar.

Contains: Egg, Milk, Soy, Wheat

French Toast Montecristo Continuación Listado de Ingredientes

Ingredientes: Tostada Francesa (pan, huevo, azúcar, suero de leche, contiene 2% o menos de los siguientes: sal, sabor natural de vainilla, goma xantano, ácido cítrico), Pavo (pechuga de pavo, caldo de pavo y 2% o menos de sal, carrageno, azúcar, citrato de sodio, fosfato de sodio y diacetato de sodio), Jamón Virginia (jamón de cerdo curado con agua, dextrosa, sal, contiene 2% o menos de sabor ahumado, eritorbato de sodio, nitrito de sodio, fosfato de sodio, aceite de semilla de algodón), Queso suizo (cultivo de leche pasteurizada parcialmente descremada, sal, enzimas), Margarina (aceite de soya, aceite vegetal hidrogenado (aceite de palmiste y palma), agua, sal, suero (leche), lecitina de soya, sorbato de potasio y benzoato de sodio (usado para proteger la calidad), monodiglicéridos destilados, ácido cítrico, sabor artificial, palmitato de vitamina A, beta caroteno (color), Azúcar de Confección.

Contiene: Huevo, Leche, Soya, Trigo.

Multi Column: El Mesón French Toast Montecristo

Nutrient	Per Svg	Per 100g	Nutrient	Per Svg	Per 100g
Gram Weight (g)	300.75	100.00	Vitamin B12 (mcg)	0.48	0.16
Calories (kcal)	528.77	175.81	Biotin (mcg)	—	—
Calories from Fat (kcal)	232.22	77.21	Vitamin C (mg)	0	0
Calories from SatFat (kcal)	101.31	33.68	Vitamin D - IU (IU)	—	—
Protein (g)	44.36	14.75	Vitamin D - mcg (mcg)	—	—
Carbohydrates (g)	26.53	8.82	Vitamin E - Alpha-Toco (mg)	—	—
Dietary Fiber (g)	0	0	Folate (mcg)	—	—
Soluble Fiber (g)	0	0	Folate, DFE (mcg)	—	—
Total Sugars (g)	17.11	5.69	Vitamin K (mcg)	—	—
Monosaccharides (g)	0	0	Pantothenic Acid (mg)	—	—
Disaccharides (g)	2.75	0.91	Calcium (mg)	370.18	123.08
Other Carbs (g)	9.42	3.13	Chromium (mcg)	—	—
Fat (g)	27.85	9.26	Copper (mg)	—	—
Saturated Fat (g)	11.26	3.74	Fluoride (mg)	—	—
Mono Fat (g)	0	0	Iodine (mcg)	—	—
Poly Fat (g)	0	0	Iron (mg)	1.89	0.63
Trans Fatty Acid (g)	0	0	Magnesium (mg)	8.00	2.66
Cholesterol (mg)	177.67	59.08	Manganese (mg)	—	—
Water (g)	154.07	51.23	Molybdenum (mcg)	—	—
Vitamin A - IU (IU)	299.99	99.75	Phosphorus (mg)	283.56	94.28
Vitamin A - RAE (mcg)	0	0	Potassium (mg)	220.35	73.27
Vitamin A - Carotenoid RE (mcg)	0	0	Selenium (mcg)	—	—
Vitamin A - Retinol RE (mcg)	0	0	Sodium (mg)	948.14	315.25
Vitamin A - b-Carotene (mcg)	0	0	Zinc (mg)	1.20	0.40
Vitamin B1 - Thiamin (mg)	0.15	0.05	Omega 3 Fatty Acid (g)	0	0
Vitamin B2 - Riboflavin (mg)	0.39	0.13	Omega 6 Fatty Acid (g)	0	0
Vitamin B3 - Niacin (mg)	1.34	0.44	Alcohol (g)	0	0
Niacin Equivalents (mg)	1.34	0.44	Caffeine (mg)	0	0
Vitamin B6 (mg)	—	—	Choline (mg)	—	—

EL MESÓN SANDWICHES

Balsamic Beans Chicken Breast Salad

Nutrition Facts/ Datos de Nutrición	
1 Serving per container/Ración por envase Serving Size/Tamaño Ración 14.5oz (411g)	
Amount per serving/Cantidad por Envase	
Calories/Calorías	490
% Daily Value/%Valor Diario*	
Total Fat/Grasa Total 26g	32%
Saturated Fat/Grasa Saturada 3.5g	18%
Trans Fat/Grasa Trans 0g	
Cholesterol/Colesterol 60mg	18%
Sodium/Sodio 1400mg	60%
Total Carbohydrate/Carbohidratos Totales 34g	12%
Dietary Fiber/Fibra Dietaria 5g	18%
Total Sugars/Total Azúcares 22g	
Includes/Incluye 10g Added Sugars/Azúcares Añadidas	20%
Protein/Proteína 31g	
Vitamin D/Vitamina D 0mcg	0%
Calcium/Calcio 60mg	5%
Iron/Hierro 3.5mg	20%
Potassium/Potasio 220mg	6%
<small>*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. *El % de Valor Diario (VD) indica cuanta cantidad de un nutriente en una ración de alimento contribuye a una dieta diaria. 2,000 calorías al día se utilizan para el consejo general de nutrición.</small>	

Ingredients: Chicken Breast [(boneless chicken breast with rib meat, water, less than 2% of salt, modified food starch (corn), isolated soy protein, spices, flavoring, whey protein concentrate, soybean oil, dehydrated parsley, xanthan gum)], Romaine Lettuce, Beans Salad (balsamic vinegar (wine vinegar, cooked grape must, concentrated grape must, caramel color), olive blend, black beans, pink beans, chickpeas, sweet chili sauce (water, sugar, distilled vinegar, lemon juice, corn starch, salt, bell pepper, cayenne pepper, garlic, korean red pepper), Balsamic Dressing (water, balsamic vinegar, soybean oil, sugar, canola oil, salt, contains less than 2% of dried garlic, Dijon mustard, spice, xanthan gum, dried parsley, oleoresin paprika, potassium sorbate and calcium disodium EDTA (to protect flavor), Tomatoes, Onion.

Contains: Milk, Soy

Balsamic Beans Chicken Breast Salad Continuación Listado de Ingredientes

Ingredientes: Pechuga de Pollo [(pechuga de pollo deshuesada con carne de costilla, agua, menos de 2% de sal, almidón de alimento modificado (maíz), proteína de soya aislada, especias, sabores, concentrado de proteína de suero, aceite de soya, perejil deshidratado, goma xantano)], Lechuga Romana, Ensalada de Granos (vinagre balsámico (vinagre de vino, mosto de uva cocido, concentrado de mosto de uva, color caramelo), mezcla de aceite, habichuelas negras, habichuelas pintas, garbanzos, salsa dulce de chili (agua, azúcar, vinagre destilado, jugo de limón, almidón de maíz, sal, pimientos, pimiento cayena, ajo, pimiento rojo coreanos), Aderezo Balsámico (agua, vinagre balsámico, aceite de soya, azúcar, aceite de canola, sal, contiene menos de 2% de ajo seco, mostaza Dijon, especia, goma xantano, perejil, oleoresina de pimentón, sorbato de potasio y disodio de calcio EDTA (para proteger el sabor), Tomate, Cebolla.

Contiene: Leche, Soya

Multi Column: El Mesón Balsamic Beans Chicken Salad (Pechuga Pollo)

Nutrient	Per Svg	Per 100g	Nutrient	Per Svg	Per 100g
Gram Weight (g)	411.06	100.00	Vitamin B12 (mcg)	0	0
Calories (kcal)	491.72	119.62	Biotin (mcg)	3.78	0.92
Calories from Fat (kcal)	237.65	57.81	Vitamin C (mg)	32.25	7.85
Calories from SatFat (kcal)	29.86	7.26	Vitamin D - IU (IU)	0	0
Protein (g)	30.82	7.50	Vitamin D - mcg (mcg)	0	0
Carbohydrates (g)	33.64	8.18	Vitamin E - Alpha-Toco (mg)	3.22	0.78
Dietary Fiber (g)	4.72	1.15	Folate (mcg)	202.02	49.15
Soluble Fiber (g)	0.48	0.12	Folate, DFE (mcg)	202.02	49.15
Total Sugars (g)	22.16	5.39	Vitamin K (mcg)	118.86	28.92
Monosaccharides (g)	2.53	0.62	Pantothenic Acid (mg)	0.27	0.07
Disaccharides (g)	0.17	0.04	Calcium (mg)	64.01	15.57
Other Carbs (g)	2.14	0.52	Chromium (mcg)	19.49	4.74
Fat (g)	26.41	6.42	Copper (mg)	0.15	0.04
Saturated Fat (g)	3.32	0.81	Fluoride (mg)	—	—
Mono Fat (g)	17.76	4.32	Iodine (mcg)	4.03	0.98
Poly Fat (g)	2.42	0.59	Iron (mg)	3.51	0.85
Trans Fatty Acid (g)	0	0	Magnesium (mg)	35.70	8.68
Cholesterol (mg)	60.03	14.60	Manganese (mg)	0.40	0.10
Water (g)	232.62	56.59	Molybdenum (mcg)	27.73	6.75
Vitamin A - IU (IU)	6837.45	1663.37	Phosphorus (mg)	84.17	20.48
Vitamin A - RAE (mcg)	341.55	83.09	Potassium (mg)	515.10	125.31
Vitamin A - Carotenoid RE (mcg)	683.09	166.18	Selenium (mcg)	1.05	0.26
Vitamin A - Retinol RE (mcg)	0	0	Sodium (mg)	1403.25	341.37
Vitamin A - b-Carotene (mcg)	4079.48	992.43	Zinc (mg)	0.63	0.15
Vitamin B1 - Thiamin (mg)	0.15	0.04	Omega 3 Fatty Acid (g)	0.31	0.08
Vitamin B2 - Riboflavin (mg)	0.10	0.02	Omega 6 Fatty Acid (g)	2.03	0.49
Vitamin B3 - Niacin (mg)	0.67	0.16	Alcohol (g)	0	0
Niacin Equivalents (mg)	1.35	0.33	Caffeine (mg)	0	0
Vitamin B6 (mg)	0.16	0.04	Choline (mg)	—	—

EL MESÓN SANDWICHES

Balsamic Beans Shredded Chicken Salad

Nutrition Facts/	
Datos de Nutrición	
1 Serving per container/Ración por envase Serving Size/Tamaño Ración 14.3oz (404g)	
Amount per serving/Cantidad por Envase	
Calories/Calorías	520
% Daily Value/%Valor Diario*	
Total Fat/Grasa Total 27g	34%
Saturated Fat/Grasa Saturada 4g	20%
Trans Fat/Grasa Trans 0g	
Cholesterol/Colesterol 80mg	24%
Sodium/Sodio 920mg	40%
Total Carbohydrate/Carbohidratos Totales 32g	11%
Dietary Fiber/Fibra Dietaria 5g	18%
Total Sugars/Total Azúcares 22g	
Includes/Incluye 6g Added Sugars/Azúcares Añadidas	12%
Protein/Proteína 35g	
Vitamin D/Vitamina D 0mcg	0%
Calcium/Calcio 80mg	6%
Iron/Hierro 3mg	16%
Potassium/Potasio 710mg	18%
*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.	
*El % de Valor Diario (VD) indica cuanta cantidad de un nutriente en una ración de alimento contribuye a una dieta diaria. 2,000 calorías al día se utilizan para el consejo general de nutrición.	

Ingredients: Fully Cooked Roasted Boneless Shredded Chicken Breast [boneless chicken breast with rib meat, water, less than 2% of salt, modified food starch (corn), isolated soy protein, spices, flavoring, whey protein concentrate, soybean oil, dehydrated parsley, xanthan gum], Romaine Lettuce, Beans Salad (balsamic vinegar (wine vinegar, cooked grape must, concentrated grape must, caramel color), olive blend, black beans, pink beans, chickpeas, sweet chili sauce (water, sugar, distilled vinegar, lemon juice, corn starch, salt, bell pepper, cayenne pepper, garlic, korean red pepper), Balsamic Dressing (water, balsamic vinegar, soybean oil, sugar, canola oil, salt, contains less than 2% of dried garlic, Dijon mustard, spice, xanthan gum, dried parsley, oleoresin paprika, potassium sorbate and calcium disodium EDTA (to protect flavor), Tomatoes, Onion.

Contains: Milk, Soy

Balsamic Beans Shredded Chicken Salad Continuación Listado de Ingredientes

Ingredientes: Pechuga de Pollo Asada Sin Hueso Completamente Cocida

Desmenuzada [(pechuga de pollo deshuesada con carne de costilla, agua, menos de 2% de sal, almidón de alimento modificado (maíz), proteína de soya aislada, especias, sabores, concentrado de proteína de suero, aceite de soya, perejil deshidratado, goma xantano), Lechuga Romana, Ensalada de Granos (vinagre balsámico (vinagre de vino, mosto de uva cocido, concentrado de mosto de uva, color caramelo), mezcla de aceite, habichuelas negras, habichuelas pintas, garbanzos, salsa dulce de chili (agua, azúcar, vinagre destilado, jugo de limón, almidón de maíz, sal, pimientos, pimiento cayena, ajo, pimiento rojo coreanos), Aderezo Balsámico (agua, vinagre balsámico, aceite de soya, azúcar, aceite de canola, sal, contiene menos de 2% de ajo seco, mostaza Dijon, especia, goma xantano, perejil, oleoresina de pimentón, sorbato de potasio y disodio de calcio EDTA (para proteger el sabor), Tomate, Cebolla.

Contiene: Leche, Soya

Multi Column: El Mesón Balsamic Beans Shredded Chicken Salad

Nutrient	Per Svg	Per 100g	Nutrient	Per Svg	Per 100g
Gram Weight (g)	403.97	100.00	Vitamin B12 (mcg)	0.24	0.06
Calories (kcal)	518.84	128.43	Biotin (mcg)	3.78	0.94
Calories from Fat (kcal)	242.62	60.06	Vitamin C (mg)	32.25	7.98
Calories from SatFat (kcal)	37.99	9.40	Vitamin D - IU (IU)	0	0
Protein (g)	34.95	8.65	Vitamin D - mcg (mcg)	0	0
Carbohydrates (g)	32.31	8.00	Vitamin E - Alpha-Toco (mg)	3.51	0.87
Dietary Fiber (g)	4.72	1.17	Folate (mcg)	205.21	50.80
Soluble Fiber (g)	0.48	0.12	Folate, DFE (mcg)	205.21	50.80
Total Sugars (g)	22.16	5.49	Vitamin K (mcg)	119.07	29.48
Monosaccharides (g)	2.53	0.63	Pantothenic Acid (mg)	0.88	0.22
Disaccharides (g)	0.17	0.04	Calcium (mg)	77.83	19.27
Other Carbs (g)	2.14	0.53	Chromium (mcg)	19.49	4.82
Fat (g)	26.96	6.67	Copper (mg)	0.19	0.05
Saturated Fat (g)	4.22	1.04	Fluoride (mg)	—	—
Mono Fat (g)	18.86	4.67	Iodine (mcg)	4.03	1.00
Poly Fat (g)	3.12	0.77	Iron (mg)	3.00	0.74
Trans Fatty Acid (g)	0	0	Magnesium (mg)	61.21	15.15
Cholesterol (mg)	81.86	20.26	Manganese (mg)	0.41	0.10
Water (g)	305.19	75.55	Molybdenum (mcg)	27.73	6.86
Vitamin A - IU (IU)	6858.71	1697.81	Phosphorus (mg)	259.58	64.26
Vitamin A - RAE (mcg)	347.92	86.13	Potassium (mg)	713.89	176.72
Vitamin A - Carotenoid RE (mcg)	683.09	169.09	Selenium (mcg)	24.76	6.13
Vitamin A - Retinol RE (mcg)	6.38	1.58	Sodium (mg)	923.26	228.54
Vitamin A - b-Carotene (mcg)	4079.48	1009.84	Zinc (mg)	1.66	0.41
Vitamin B1 - Thiamin (mg)	0.20	0.05	Omega 3 Fatty Acid (g)	0.36	0.09
Vitamin B2 - Riboflavin (mg)	0.23	0.06	Omega 6 Fatty Acid (g)	2.61	0.65
Vitamin B3 - Niacin (mg)	9.67	2.39	Alcohol (g)	0	0
Niacin Equivalent (mg)	16.36	4.05	Caffeine (mg)	0	0
Vitamin B6 (mg)	0.51	0.13	Choline (mg)	—	—

EL MESÓN SANDWICHES

Balsamic Beans Crispy Chicken Salad

Nutrition Facts/ Datos de Nutrición	
1 Serving per container/Ración por envase Serving Size/Tamaño Ración 14.0oz (394g)	
Amount per serving/Cantidad por Envase	
Calories/Calorías	640
% Daily Value/%Valor Diario*	
Total Fat/Grasa Total 41g	51%
Saturated Fat/Grasa Saturada 7g	35%
Trans Fat/Grasa Trans 0g	
Cholesterol/Colesterol 0mg	0%
Sodium/Sodio 1410mg	61%
Total Carbohydrate/Carbohidratos Totales 47g	16%
Dietary Fiber/Fibra Dietaria 5g	18%
Total Sugars/Total Azúcares 22g	
Includes/Incluye 9g Added Sugars/Azúcares Añadidas	18%
Protein/Proteína 22g	
Vitamin D/Vitamina D 0mcg	0%
Calcium/Calcio 100mg	8%
Iron/Hierro 4mg	22%
Potassium/Potasio 520mg	16%
<small>*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. *El % de Valor Diario (VD) indica cuanta cantidad de un nutriente en una ración de alimento contribuye a una dieta diaria. 2,000 calorías al día se utilizan para el consejo general de nutrición.</small>	

Ingredients: Crispy Breaded Boneless Chicken (boneless skinless chicken breast chunks with rib meat, water, seasoning [chicken broth powder (chicken broth, salt, flavoring), salt, sugar, vegetable stock (carrot, onion, celery), maltodextrin, garlic powder and flavors], modified food starch, sodium phosphates, soy protein concentrate. Breaded with: bleached wheat flour, water, wheat flour, salt, wheat, gluten, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate), sugar, yeast extract, yellow corn flour, dextrose, onion powder, yeast, garlic powder, extractives of paprika, turmeric and annatto, spice, disodium inosinate and disodium guanylate, vegetable oil), Romaine Lettuce, Beans Salad [balsamic vinegar (wine vinegar, cooked grape must, concentrated grape must, caramel color), olive blend, black beans, pink beans, chickpeas, sweet chili sauce (water, sugar, distilled vinegar, lemon juice, corn starch, salt, bell pepper, cayenne pepper, garlic, korean red pepper), Balsamic Dressing (water, balsamic vinegar, soybean oil, sugar, canola oil, salt, contains less than 2 % of dried garlic, Dijon mustard, spice, xanthan gum, dried parsley, oleoresin paprika, potassium sorbate and calcium disodium EDTA (to protect flavor), Tomatoes, Onion.

Contains: Sov. Wheat

Balsamic Beans Crispy Chicken Salad Continuación Listado de Ingredientes

Ingredientes: Pollo Crujiente Empanado Sin Hueso (pechuga de pollo sin hueso y sin piel en pedazos con carne de costilla, agua, sazónador [caldo de pollo en polvo (caldo de pollo, sal, saborizante), sal, azúcar, caldo de vegetales (zanahoria, cebolla, apio), maltodextrina, ajo en polvo y sabores], almidón de alimento modificado, fosfato de sodio, concentrado de proteína de soya, Empanado con: harina de trigo blanqueada, agua, harina de trigo, sal, harina de gluten, realzante (bicarbonato de sodio, fosfato de aluminio de sodio, pirofosfato ácido de sodio, fosfato monocalcio), azúcar, extracto de levadura, harina de maíz, dextrosa, ajo en polvo, levadura, cebolla en polvo, extracto de pimentón, cúrcuma y achiote, especia, inosinato y guanilato de sodio, aceite vegetal), Lechuga Romana, Ensalada de Granos [vinagre balsámico (vinagre de vino, mosto cocido de uva, mosto concentrado de uva, color caramelo), mezcla de oliva, habichuelas negras, habichuelas pintas, garbanzos, sala dulce de chili (agua, azúcar, vinagre destilado, jugo de limón, almidón de maíz, sal, pimienta, pimienta cayena, ajo, pimienta rojo coreano)], Aderezo Balsámico (agua, vinagre balsámico, aceite de soya, azúcar, aceite canola, sal, contiene menos de 2% de ajo seco, mostaza Dijon, especias, goma xantano, perejil seco, oleoresina de pimentón, sorbato de potasio y disodio de calcio EDTA (para proteger el sabor), Tomate, Cebolla.

Contiene: Soya, Trigo

Multi Column: El Mesón Balsamic Beans Crispy Chicken Salad

Nutrient	Per Svg	Per 100g	Nutrient	Per Svg	Per 100g
Gram Weight (g)	394.05	100.00	Vitamin B12 (mcg)	0	0
Calories (kcal)	641.81	162.87	Biotin (mcg)	3.78	0.96
Calories from Fat (kcal)	366.72	93.06	Vitamin C (mg)	32.25	8.18
Calories from SatFat (kcal)	60.47	15.35	Vitamin D - IU (IU)	0	0
Protein (g)	22.28	5.65	Vitamin D - mcg (mcg)	0	0
Carbohydrates (g)	47.05	11.94	Vitamin E - Alpha-Toco (mg)	3.22	0.82
Dietary Fiber (g)	4.72	1.20	Folate (mcg)	202.02	51.27
Soluble Fiber (g)	0.48	0.12	Folate, DFE (mcg)	202.02	51.27
Total Sugars (g)	22.16	5.62	Vitamin K (mcg)	118.86	30.16
Monosaccharides (g)	2.53	0.64	Pantothenic Acid (mg)	0.27	0.07
Disaccharides (g)	0.17	0.04	Calcium (mg)	96.89	24.59
Other Carbs (g)	2.14	0.54	Chromium (mcg)	19.49	4.95
Fat (g)	40.75	10.34	Copper (mg)	0.15	0.04
Saturated Fat (g)	6.72	1.71	Fluoride (mg)	—	—
Mono Fat (g)	17.76	4.51	Iodine (mcg)	4.03	1.02
Poly Fat (g)	2.42	0.61	Iron (mg)	4.39	1.12
Trans Fatty Acid (g)	0	0	Magnesium (mg)	35.70	9.06
Cholesterol (mg)	0	0	Manganese (mg)	0.40	0.10
Water (g)	232.62	59.03	Molybdenum (mcg)	27.73	7.04
Vitamin A - IU (IU)	6970.69	1768.98	Phosphorus (mg)	84.17	21.36
Vitamin A - RAE (mcg)	341.55	86.68	Potassium (mg)	515.10	130.72
Vitamin A - Carotenoid RE (mcg)	683.09	173.35	Selenium (mcg)	1.05	0.27
Vitamin A - Retinol RE (mcg)	0	0	Sodium (mg)	1411.92	358.31
Vitamin A - b-Carotene (mcg)	4079.48	1035.27	Zinc (mg)	0.63	0.16
Vitamin B1 - Thiamin (mg)	0.15	0.04	Omega 3 Fatty Acid (g)	0.31	0.08
Vitamin B2 - Riboflavin (mg)	0.10	0.03	Omega 6 Fatty Acid (g)	2.03	0.51
Vitamin B3 - Niacin (mg)	0.67	0.17	Alcohol (g)	0	0
Niacin Equivalent (mg)	1.35	0.34	Caffeine (mg)	0	0
Vitamin B6 (mg)	0.16	0.04	Choline (mg)	—	—

EL MESÓN SANDWICHES

Balsamic Beans Veggie Salad

Nutrition Facts/

Datos de Nutrición

1 Serving per container/Ración por envase

Serving Size/Tamaño Ración 13.5oz (383g)

Amount per serving/Cantidad por Envase

Calories/Calorías 630

% Daily Value/%Valor Diario*

Total Fat/Grasa Total 47g	59%
Saturated Fat/Grasa Saturada 7g	35%
Trans Fat/Grasa Trans 0g	
Cholesterol/Colesterol 0mg	0%
Sodium/Sodio 930mg	40%
Total Carbohydrate/Carbohidratos Totales 45g	16%
Dietary Fiber/Fibra Dietaria 7g	24%
Total Sugars/Total Azúcares 28g	
Includes/Incluye 10g Added Sugars/Azúcares Añadidas	20%
Protein/Proteína 7g	
Vitamin D/Vitamina D 0mcg	0%
Calcium/Calcio 80mg	6%
Iron/Hierro 3mg	16%
Potassium/Potasio 640mg	17%

*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.

*El % de Valor Diario (VD) indica cuanta cantidad de un nutriente en una ración de alimento contribuye a una dieta diaria. 2,000 calorías al día se utilizan para el consejo general de nutrición.

Ingredients: Beans Salad (balsamic vinegar (wine vinegar, cooked grape must, concentrated grape must, caramel color), olive blend, black beans, pink beans, chickpeas, sweet chili sauce (water, sugar, distilled vinegar, lemon juice, corn starch, salt, bell pepper, cayenne pepper, garlic, korean red pepper), Romaine Lettuce, Balsamic Dressing (water, balsamic vinegar, soybean oil, sugar, canola oil, salt, contains less than 2% of dried garlic, Dijon mustard, spice, xanthan gum, dried parsley, oleoresin paprika, potassium sorbate and calcium disodium EDTA (to protect flavor), Tomatoes, Onion.

Contains: Soy

Balsamic Beans Veggie Salad Continuación Listado de Ingredientes

Ingredientes: Ensalada de Granos (vinagre balsámico (vinagre de vino, mosto de uva cocido, concentrado de mosto de uva, color caramelo), mezcla de aceite, habichuelas negras, habichuelas pintas, garbanzos, salsa dulce de chili (agua, azúcar, vinagre destilado, jugo de limón, almidón de maíz, sal, pimientos, pimiento cayena, ajo, pimiento rojo coreanos), Lechuga Romana, Aderezo Balsámico (agua, vinagre balsámico, aceite de soya, azúcar, aceite de canola, sal, contiene menos de 2% de ajo seco, mostaza Dijon, especia, goma xantano, perejil, oleoresina de pimentón, sorbato de potasio y disodio de calcio EDTA (para proteger el sabor), Tomate, Cebolla.

Contiene: Soya

Multi Column: El Mesón Balsamic Beans Veggie Salad

Nutrient	Per Svg	Per 100g	Nutrient	Per Svg	Per 100g
Gram Weight (g)	382.71	100.00	Vitamin B12 (mcg)	0	0
Calories (kcal)	627.93	164.07	Biotin (mcg)	3.78	0.99
Calories from Fat (kcal)	423.59	110.68	Vitamin C (mg)	32.78	8.56
Calories from SatFat (kcal)	59.19	15.47	Vitamin D - IU (IU)	0	0
Protein (g)	6.50	1.70	Vitamin D - mcg (mcg)	0	0
Carbohydrates (g)	45.00	11.76	Vitamin E - Alpha-Toco (mg)	6.13	1.60
Dietary Fiber (g)	6.53	1.71	Folate (mcg)	242.87	63.46
Soluble Fiber (g)	0.96	0.25	Folate, DFE (mcg)	242.87	63.46
Total Sugars (g)	28.28	7.39	Vitamin K (mcg)	119.20	31.15
Monosaccharides (g)	2.53	0.66	Pantothenic Acid (mg)	0.34	0.09
Disaccharides (g)	0.17	0.04	Calcium (mg)	84.64	22.12
Other Carbs (g)	3.63	0.95	Chromium (mcg)	19.49	5.09
Fat (g)	47.07	12.30	Copper (mg)	0.22	0.06
Saturated Fat (g)	6.58	1.72	Fluoride (mg)	—	—
Mono Fat (g)	35.50	9.28	Iodine (mcg)	4.03	1.05
Poly Fat (g)	4.62	1.21	Iron (mg)	2.93	0.77
Trans Fatty Acid (g)	0	0	Magnesium (mg)	50.99	13.32
Cholesterol (mg)	0	0	Manganese (mg)	0.56	0.15
Water (g)	275.43	71.97	Molybdenum (mcg)	46.53	12.16
Vitamin A - IU (IU)	6853.56	1790.79	Phosphorus (mg)	123.68	32.32
Vitamin A - RAE (mcg)	342.32	89.45	Potassium (mg)	637.49	166.57
Vitamin A - Carotenoid RE (mcg)	684.64	178.89	Selenium (mcg)	1.58	0.41
Vitamin A - Retinol RE (mcg)	0	0	Sodium (mg)	934.56	244.20
Vitamin A - b-Carotene (mcg)	4080.82	1066.29	Zinc (mg)	0.93	0.24
Vitamin B1 - Thiamin (mg)	0.20	0.05	Omega 3 Fatty Acid (g)	0.49	0.13
Vitamin B2 - Riboflavin (mg)	0.12	0.03	Omega 6 Fatty Acid (g)	3.98	1.04
Vitamin B3 - Niacin (mg)	0.80	0.21	Alcohol (g)	0	0
Niacin Equivalents (mg)	1.90	0.50	Caffeine (mg)	0	0
Vitamin B6 (mg)	0.19	0.05	Choline (mg)	—	—

EL MESÓN SANDWICHES

Balsamic Beans Chicken Breast Wrap

Nutrition Facts/	
Datos de Nutrición	
1 Serving per container/Ración por envase Serving Size/Tamaño Ración 14oz (393g)	
Amount per serving/Cantidad por Envase	
Calories/Calorías	770
% Daily Value/%Valor Diario*	
Total Fat/Grasa Total 28g	35%
Saturated Fat/Grasa Saturada 3.5g	18%
Trans Fat/Grasa Trans 0g	
Cholesterol/Colesterol 65mg	20%
Sodium/Sodio 600mg	26%
Total Carbohydrate/Carbohidratos Totales 84g	29%
Dietary Fiber/Fibra Dietaria 7g	24%
Total Sugars/Total Azúcares 22g	
Includes/Incluye 3g Added Sugars/Azúcares Añadidas	6%
Protein/Proteína 44g	
Vitamin D/Vitamina D 0mcg	0%
Calcium/Calcio 125mg	10%
Iron/Hierro 6mg	34%
Potassium/Potasio 620mg	16%
*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.	
*El % de Valor Diario (VD) indica cuanta cantidad de un nutriente en una ración de alimento contribuye a una dieta diaria. 2,000 calorías al día se utilizan para el consejo general de nutrición.	

Ingredients: Chicken Breast [(boneless chicken breast with rib meat, water, less than 2% of salt, modified food starch (corn), isolated soy protein, spices, flavoring, whey protein concentrate, soybean oil, dehydrated parsley, xanthan gum)], Wrap [(water, whole wheat flour, enriched bleached wheat flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), palm oil, contains 2% or less of each of the followings: salt, corn starch, sodium bicarbonate, mono and diglycerides, calcium propionate, sodium aluminum phosphate, sodium aluminum sulfate, potassium sorbate, fumaric acid, guar gum, monocalcium phosphate, enzymes, sodium metabisulfite, calcium sulfate, hydrogenated soybean oil, soybean oil)], Beans Salad (balsamic vinegar (wine vinegar, cooked grape must, concentrated grape must, caramel color), olive blend, black beans, pink beans, chickpeas, sweet chili sauce (water, sugar, distilled vinegar, lemon juice, corn starch, salt, bell pepper, cayenne pepper, garlic, korean red pepper), Romaine Lettuce, Onion, Tomatoes

Contains: Milk, Soy, Wheat

Balsamic Beans Chicken Breast Wrap Continuación Listado de Ingredientes

Ingredientes: Pechuga de Pollo [(pechuga de pollo deshuesada con carne de costilla, agua, menos de 2% de sal, almidón de alimento modificado (maíz), proteína de soya aislada, especias, sabores, concentrado de proteína de suero, aceite de soya, perejil deshidratado, goma xantano)], Plantilla [(agua, harina de trigo integral, harina blanqueada enriquecida (harina de trigo, niacina, hierro reducido, mononitrato de tiamina, riboflavina, ácido fólico), aceite de palma, contiene 2 % o menos de cada uno de los siguientes: sal, almidón de maíz, bicarbonato de sodio, mono y diglicéridos, propionato de calcio, fosfato de aluminio sódico, sulfato de aluminio sódico, sorbato de potasio, ácido fumárico, goma de guar, fosfato monocálcico, enzimas, metabisulfito de sodio, sulfato de calcio, aceite de soya hidrogenado, aceite de soya)], Ensalada de Granos (vinagre balsámico (vinagre de vino, mosto de uva cocido, concentrado de mosto de uva, color caramelo), mezcla de aceite, habichuelas negras, habichuelas pintas, garbanzos, salsa dulce de chili (agua, azúcar, vinagre destilado, jugo de limón, almidón de maíz, sal, pimiento cayeno, ajo, pimiento rojo coreano), azúcar, aceite de canola, sal, contiene menos de 2% de ajo seco, pimentón, sorbato de potasio y disodio de calcio EDTA (para proteger el sabor), Lechuga Romana, Cebolla, Tomate.

Contiene: Leche, Soya, Trigo

Multi Column: El Mesón Balsamic Beans Chicken Wrap (Pechuga Pollo)

Nutrient	Per Svg	Per 100g	Nutrient	Per Svg	Per 100g
Gram Weight (g)	392.63	100.00	Vitamin B12 (mcg)	0.43	0.11
Calories (kcal)	766.65	195.26	Biotin (mcg)	2.49	0.63
Calories from Fat (kcal)	256.07	65.22	Vitamin C (mg)	18.84	4.80
Calories from SatFat (kcal)	32.99	8.40	Vitamin D - IU (IU)	0	0
Protein (g)	43.59	11.10	Vitamin D - mcg (mcg)	0	0
Carbohydrates (g)	84.05	21.41	Vitamin E - Alpha-Toco (mg)	3.22	0.82
Dietary Fiber (g)	7.00	1.78	Folate (mcg)	129.20	32.91
Soluble Fiber (g)	0.49	0.13	Folate, DFE (mcg)	129.20	32.91
Total Sugars (g)	18.70	4.76	Vitamin K (mcg)	59.89	15.25
Monosaccharides (g)	1.80	0.46	Pantothenic Acid (mg)	1.12	0.29
Disaccharides (g)	0.28	0.07	Calcium (mg)	128.53	32.74
Other Carbs (g)	55.07	14.03	Chromium (mcg)	12.38	3.15
Fat (g)	28.45	7.25	Copper (mg)	0.16	0.04
Saturated Fat (g)	3.67	0.93	Fluoride (mg)	—	—
Mono Fat (g)	18.09	4.61	Iodine (mcg)	2.35	0.60
Poly Fat (g)	2.64	0.67	Iron (mg)	6.10	1.55
Trans Fatty Acid (g)	0.03	0.01	Magnesium (mg)	58.95	15.01
Cholesterol (mg)	65.77	16.75	Manganese (mg)	0.33	0.08
Water (g)	215.96	55.00	Molybdenum (mcg)	24.11	6.14
Vitamin A - IU (IU)	3449.80	878.63	Phosphorus (mg)	288.69	73.53
Vitamin A - RAE (mcg)	177.98	45.33	Potassium (mg)	619.89	157.88
Vitamin A - Carotenoid RE (mcg)	342.36	87.19	Selenium (mcg)	21.06	5.36
Vitamin A - Retinol RE (mcg)	6.80	1.73	Sodium (mg)	595.44	151.65
Vitamin A - b-Carotene (mcg)	2040.58	519.72	Zinc (mg)	1.40	0.36
Vitamin B1 - Thiamin (mg)	0.71	0.18	Omega 3 Fatty Acid (g)	0.28	0.07
Vitamin B2 - Riboflavin (mg)	0.52	0.13	Omega 6 Fatty Acid (g)	2.23	0.57
Vitamin B3 - Niacin (mg)	17.31	4.41	Alcohol (g)	0	0
Niacin Equivalents (mg)	23.01	5.86	Caffeine (mg)	0	0
Vitamin B6 (mg)	0.74	0.19	Choline (mg)	—	—

EL MESÓN SANDWICHES

Balsamic Beans Crispy Chicken Wrap

Nutrition Facts/	
Datos de Nutrición	
1 Serving per container/Ración por envase	
Serving Size/Tamaño Ración 13oz (374g)	
Amount per serving/Cantidad por Envase	
Calories/Calorías	920
% Daily Value/%Valor Diario*	
Total Fat/Grasa Total 44g	55%
Saturated Fat/Grasa Saturada 7g	35%
Trans Fat/Grasa Trans 0g	
Cholesterol/Colesterol 0mg	0%
Sodium/Sodio 1070mg	46%
Total Carbohydrate/Carbohidratos Totales 99g	35%
Dietary Fiber/Fibra Dietaria 7g	24%
Total Sugars/Total Azúcares 19g	
Includes/Incluye 2g Added Sugars/Azúcares Añadidas	4%
Protein/Proteína 35g	
Vitamin D/Vitamina D 0mcg	0%
Calcium/Calcio 150mg	12%
Iron/Hierro 7mg	38%
Potassium/Potasio 330mg	9%
*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.	
*El % de Valor Diario (VD) indica cuanta cantidad de un nutriente en una ración de alimento contribuye a una dieta diaria. 2,000 calorías al día se utilizan para el consejo general de nutrición.	

Ingredients: Wrap [(water, whole wheat flour, enriched bleached wheat flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), palm oil, contains 2% or less of each of the followings: salt, corn starch, sodium bicarbonate, mono and diglycerides, calcium propionate, sodium aluminum phosphate, sodium aluminum sulfate, potassium sorbate, fumaric acid, guar gum, monocalcium phosphate, enzymes, sodium metabisulfite, calcium sulfate, hydrogenated soybean oil, soybean oil)], Crispy Breaded Boneless Chicken (boneless skinless chicken breast chunks with rib meat, water, seasoning [chicken broth powder (chicken broth, salt, flavoring), salt, sugar, vegetable stock (carrot, onion, celery), maltodextrin, garlic powder and flavors], modified food starch, sodium phosphates, soy protein concentrate. Breaded with: bleached wheat flour, water, wheat flour, salt, wheat, gluten, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate), sugar, yeast extract, yellow corn flour, dextrose, onion powder, yeast, garlic powder, extractives of paprika, turmeric and annatto, spice, disodium inosinate and disodium guanylate, vegetable oil),

Balsamic Beans Crispy Chicken Wrap Continuación Listado de Ingredientes

Beans Salad (balsamic vinegar (wine vinegar, cooked grape must, concentrated grape must, caramel color), olive blend, black beans, pink beans, chickpeas, sweet chili sauce (water, sugar, distilled vinegar, lemon juice, corn starch, salt, bell pepper, cayenne pepper, garlic, korean red pepper), Romaine Lettuce, Onion, Tomatoes.

Contains: Soy, Wheat

Ingredientes: Plantilla [(agua, harina de trigo integral, harina blanqueada enriquecida (harina de trigo, niacina, hierro reducido, mononitrato de tiamina, riboflavina, ácido fólico), aceite de palma, contiene 2 % o menos de cada uno de los siguientes: sal, almidón de maíz, bicarbonato de sodio, mono y diglicéridos, propionato de calcio, fosfato de aluminio sódico, sulfato de aluminio sódico, sorbato de potasio, ácido fumárico, goma de guar, fosfato monocálcico, enzimas, metabisulfito de sodio, sulfato de calcio, aceite de soya hidrogenado, aceite de soya)], Pollo Crujiente Empanado Sin Hueso (pechuga de pollo sin hueso y sin piel en pedazos con carne de costilla, agua, sazónador [caldo de pollo en polvo (caldo de pollo, sal, saborizante), sal, azúcar, caldo de vegetales (zanahoria, cebolla, apio), maltodextrina, ajo en polvo y sabores], almidón de alimento modificado, fosfato de sodio, concentrado de proteína de soya, Empanado con: harina de trigo blanqueada, agua, harina de trigo, sal, harina de gluten, realzante (bicarbonato de sodio, fosfato de aluminio de sodio, pirofosfato ácido de sodio, fosfato monocálcico), azúcar, extracto de levadura, harina de maíz, dextrosa, ajo en polvo, levadura, cebolla en polvo, extracto de pimentón, cúrcuma y achiote, especia, inosinato y guanilato de sodio, aceite vegetal), Ensalada de Granos (vinagre balsámico (vinagre de vino, mosto de uva cocido, concentrado de mosto de uva, color caramelo), mezcla de aceite, habichuelas negras, habichuelas pintas, garbanzos, salsa dulce de chili (agua, azúcar, vinagre destilado, jugo de limón, almidón de maíz, sal, pimiento cayeno, ajo, pimiento rojo coreano), azúcar, aceite de canola, sal, contiene menos de 2% de ajo seco, pimentón, sorbato de potasio y disodio de calcio EDTA (para proteger el sabor), Lechuga Romana, Cebolla, Tomate.

Contiene: Soya, Trigo

Multi Column: El Mesón Balsamic Beans Crispy Chicken Wrap

Nutrient	Per Svg	Per 100g	Nutrient	Per Svg	Per 100g
Gram Weight (g)	373.64	100.00	Vitamin B12 (mcg)	0	0
Calories (kcal)	921.00	246.49	Biotin (mcg)	2.47	0.66
Calories from Fat (kcal)	394.25	105.51	Vitamin C (mg)	17.44	4.67
Calories from SatFat (kcal)	59.79	16.00	Vitamin D - IU (IU)	0	0
Protein (g)	35.28	9.44	Vitamin D - mcg (mcg)	0	0
Carbohydrates (g)	98.51	26.37	Vitamin E - Alpha-Toco (mg)	3.07	0.82
Dietary Fiber (g)	6.99	1.87	Folate (mcg)	124.56	33.34
Soluble Fiber (g)	0.49	0.13	Folate, DFE (mcg)	124.56	33.34
Total Sugars (g)	18.67	5.00	Vitamin K (mcg)	59.66	15.97
Monosaccharides (g)	1.78	0.48	Pantothenic Acid (mg)	0.19	0.05
Disaccharides (g)	0.28	0.07	Calcium (mg)	148.34	39.70
Other Carbs (g)	55.04	14.73	Chromium (mcg)	12.29	3.29
Fat (g)	43.81	11.72	Copper (mg)	0.11	0.03
Saturated Fat (g)	6.64	1.78	Fluoride (mg)	-	-
Mono Fat (g)	17.75	4.75	Iodine (mcg)	2.34	0.63
Poly Fat (g)	2.32	0.62	Iron (mg)	7.57	2.03
Trans Fatty Acid (g)	0	0	Magnesium (mg)	27.14	7.26
Cholesterol (mg)	0	0	Manganese (mg)	0.30	0.08
Water (g)	130.68	34.98	Molybdenum (mcg)	24.08	6.45
Vitamin A - IU (IU)	3558.39	952.36	Phosphorus (mg)	66.28	17.74
Vitamin A - RAE (mcg)	171.18	45.81	Potassium (mg)	329.92	88.30
Vitamin A - Carotenoid RE (mcg)	342.35	91.63	Selenium (mcg)	0.87	0.23
Vitamin A - Retinol RE (mcg)	0	0	Sodium (mg)	1069.18	286.15
Vitamin A - b-Carotene (mcg)	2040.57	546.13	Zinc (mg)	0.49	0.13
Vitamin B1 - Thiamin (mg)	0.63	0.17	Omega 3 Fatty Acid (g)	0.25	0.07
Vitamin B2 - Riboflavin (mg)	0.42	0.11	Omega 6 Fatty Acid (g)	1.99	0.53
Vitamin B3 - Niacin (mg)	4.61	1.24	Alcohol (g)	0	0
Niacin Equivalents (mg)	5.21	1.39	Caffeine (mg)	0	0
Vitamin B6 (mg)	0.12	0.03	Choline (mg)	-	-

EL MESÓN SANDWICHES

Balsamic Beans Shredded Chicken Wrap

Nutrition Facts/ Datos de Nutrición	
1 Serving per container/Ración por envase Serving Size/Tamaño Ración 13.6oz (385g)	
Amount per serving/Cantidad por Envase	
Calories/Calorías	800
% Daily Value/%Valor Diario*	
Total Fat/Grasa Total 30g	38%
Saturated Fat/Grasa Saturada 4g	20%
Trans Fat/Grasa Trans 0g	
Cholesterol/Colesterol 80mg	24%
Sodium/Sodio 590mg	25%
Total Carbohydrate/Carbohidratos Totales 84g	29%
Dietary Fiber/Fibra Dietaria 7g	24%
Total Sugars/Total Azúcares 19g	
Includes/Incluye 3g Added Sugars/Azúcares Añadidas	6%
Protein/Proteína 48g	
Vitamin D/Vitamina D 0mcg	0%
Calcium/Calcio 130mg	10%
Iron/Hierro 6mg	34%
Potassium/Potasio 530mg	14%
*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.	
*El % de Valor Diario (VD) indica cuanta cantidad de un nutriente en una ración de alimento contribuye a una dieta diaria. 2,000 calorías al día se utilizan para el consejo general de nutrición.	

Ingredients: Fully Cooked Roasted Boneless Shredded Chicken Breast [boneless chicken breast with rib meat, water, less than 2% of salt, modified food starch (corn), isolated soy protein, spices, flavoring, whey protein concentrate, soybean oil, dehydrated parsley, xanthan gum], Wrap [(water, whole wheat flour, enriched bleached wheat flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), palm oil, contains 2% or less of each of the followings: salt, corn starch, sodium bicarbonate, mono and diglycerides, calcium propionate, sodium aluminum phosphate, sodium aluminum sulfate, potassium sorbate, fumaric acid, guar gum, monocalcium phosphate, enzymes, sodium metabisulfite, calcium sulfate, hydrogenated soybean oil, soybean oil)], Beans Salad (balsamic vinegar (wine vinegar, cooked grape must, concentrated grape must, caramel color), olive blend, black beans, pink beans, chickpeas, sweet chili sauce (water, sugar, distilled vinegar, lemon juice, corn starch, salt, bell pepper, cayenne pepper, garlic, korean red pepper), Romaine Lettuce, Onion, Tomatoes.

Contains: Milk, Soy, Wheat

Balsamic Beans Shredded Chicken Wrap Continuación Listado de Ingredientes

Ingredientes: Pechuga de Pollo Asada Sin Hueso Completamente Cocida Desmenuzada [(pechuga de pollo deshuesada con carne de costilla, agua, menos de 2% de sal, almidón de alimento modificado (maíz), proteína de soya aislada, especias, sabores, concentrado de proteína de suero, aceite de soya, perejil deshidratado, goma xantano), Plantilla [(agua, harina de trigo integral, harina blanqueada enriquecida (harina de trigo, niacina, hierro reducido, mononitrato de tiamina, riboflavina, ácido fólico), aceite de palma, contiene 2 % o menos de cada uno de los siguientes: sal, almidón de maíz, bicarbonato de sodio, mono y diglicéridos, propionato de calcio, fosfato de aluminio sódico, sulfato de aluminio sódico, sorbato de potasio, ácido fumárico, goma de guar, fosfato monocálcico, enzimas, metabisulfito de sodio, sulfato de calcio, aceite de soya hidrogenado, aceite de soya)], Ensalada de Granos (vinagre balsámico (vinagre de vino, mosto de uva cocido, concentrado de mosto de uva, color caramelo), mezcla de aceite, habichuelas negras, habichuelas pintas, garbanzos, salsa dulce de chili (agua, azúcar, vinagre destilado, jugo de limón, almidón de maíz, sal, pimiento cayeno, ajo, pimiento rojo coreano), azúcar, aceite de canola, sal, contiene menos de 2% de ajo seco, pimentón, sorbato de potasio y disodio de calcio EDTA (para proteger el sabor), Lechuga Romana, Cebolla, Tomate.

Contiene: Leche, Soya, Trigo

Multi Column: El Mesón Balsamic Beans Shredded Chicken Wrap

Nutrient	Per Svg	Per 100g	Nutrient	Per Svg	Per 100g
Gram Weight (g)	384.98	100.00	Vitamin B12 (mcg)	0.24	0.06
Calories (kcal)	802.20	208.38	Biotin (mcg)	2.47	0.64
Calories from Fat (kcal)	272.40	70.76	Vitamin C (mg)	17.44	4.53
Calories from SatFat (kcal)	37.75	9.81	Vitamin D - IU (IU)	0	0
Protein (g)	48.21	12.52	Vitamin D - mcg (mcg)	0	0
Carbohydrates (g)	83.99	21.82	Vitamin E - Alpha-Toco (mg)	3.36	0.87
Dietary Fiber (g)	6.99	1.82	Folate (mcg)	127.75	33.18
Soluble Fiber (g)	0.49	0.13	Folate, DFE (mcg)	127.75	33.18
Total Sugars (g)	18.67	4.85	Vitamin K (mcg)	59.88	15.55
Monosaccharides (g)	1.78	0.46	Pantothenic Acid (mg)	0.80	0.21
Disaccharides (g)	0.28	0.07	Calcium (mg)	129.76	33.70
Other Carbs (g)	55.04	14.30	Chromium (mcg)	12.29	3.19
Fat (g)	30.27	7.86	Copper (mg)	0.16	0.04
Saturated Fat (g)	4.19	1.09	Fluoride (mg)	-	-
Mono Fat (g)	18.85	4.90	Iodine (mcg)	2.34	0.61
Poly Fat (g)	3.02	0.78	Iron (mg)	6.21	1.61
Trans Fatty Acid (g)	0	0	Magnesium (mg)	52.65	13.68
Cholesterol (mg)	81.86	21.26	Manganese (mg)	0.32	0.08
Water (g)	203.26	52.80	Molybdenum (mcg)	24.08	6.26
Vitamin A - IU (IU)	3448.37	895.73	Phosphorus (mg)	241.69	62.78
Vitamin A - RAE (mcg)	177.56	46.12	Potassium (mg)	528.71	137.34
Vitamin A - Carotenoid RE (mcg)	342.35	88.93	Selenium (mcg)	24.58	6.38
Vitamin A - Retinol RE (mcg)	6.38	1.66	Sodium (mg)	588.69	152.91
Vitamin A - b-Carotene (mcg)	2040.57	530.05	Zinc (mg)	1.52	0.40
Vitamin B1 - Thiamin (mg)	0.68	0.18	Omega 3 Fatty Acid (g)	0.30	0.08
Vitamin B2 - Riboflavin (mg)	0.55	0.14	Omega 6 Fatty Acid (g)	2.57	0.67
Vitamin B3 - Niacin (mg)	13.62	3.54	Alcohol (g)	0	0
Niacin Equivalent (mg)	20.22	5.25	Caffeine (mg)	0	0
Vitamin B6 (mg)	0.47	0.12	Choline (mg)	-	-

EL MESÓN SANDWICHES

Balsamic Beans Veggie Wrap

Nutrition Facts/ Datos de Nutrición	
1 Serving per container/Ración por envase Serving Size/Tamaño Ración 13oz (364g)	
Amount per serving/Cantidad por Envase	
Calories/Calorías	910
% Daily Value/%Valor Diario*	
Total Fat/Grasa Total 50g	62%
Saturated Fat/Grasa Saturada 7g	35%
Trans Fat/Grasa Trans 0g	
Cholesterol/Colesterol 0mg	0%
Sodium/Sodio 600mg	25%
Total Carbohydrate/Carbohidratos Totales 97g	34%
Dietary Fiber/Fibra Dietaria 9g	32%
Total Sugars/Total Azúcares 25g	
Includes/Incluye 4g Added Sugars/Azúcares Añadidas	8%
Protein/Proteína 20g	
Vitamin D/Vitamina D 0mcg	0%
Calcium/Calcio 140mg	11%
Iron/Hierro 6mg	34%
Potassium/Potasio 450mg	12%
<small>*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. *El % de Valor Diario (VD) indica cuanta cantidad de un nutriente en una ración de alimento contribuye a una dieta diaria. 2,000 calorías al día se utilizan para el consejo general de nutrición.</small>	

Ingredients: Beans Salad (balsamic vinegar (wine vinegar, cooked grape must, concentrated grape must, caramel color), olive blend, black beans, pink beans, chickpeas, sweet chili sauce (water, sugar, distilled vinegar, lemon juice, corn starch, salt, bell pepper, cayenne pepper, garlic, korean red pepper), Wrap (water, whole wheat flour, enriched bleached wheat flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), palm oil, contains 2% or less of each of the followings: salt, corn starch, sodium bicarbonate, mono and diglycerides, calcium propionate, sodium aluminum phosphate, sodium aluminum sulfate, potassium sorbate, fumaric acid, guar gum, monocalcium phosphate, enzymes, sodium metabisulfite, calcium sulfate, hydrogenated soybean oil, soybean oil), Romaine Lettuce, Tomatoes, Onion.

Contains: Soy, Wheat

Balsamic Beans Veggie Wrap Continuación Listado de Ingredientes

Ingredientes: Ensalada de Granos (vinagre balsámico (vinagre de vino, mosto de uva cocido, concentrado de mosto de uva, color caramelo), mezcla de aceite, habichuelas negras, habichuelas pintas, garbanzos, salsa dulce de chili (agua, azúcar, vinagre destilado, jugo de limón, almidón de maíz, sal, pimientos, pimiento cayeno, ajo, pimiento rojo coreano), Plantilla (agua, harina de trigo integral, harina blanqueada enriquecida (harina de trigo, niacina, hierro reducido, mononitrato de tiamina, riboflavina, ácido fólico), aceite de palma, contiene 2 % o menos de los siguientes: sal, almidón de maíz, bicarbonato de sodio, mono y diglicéridos, propionato de calcio, fosfato de aluminio sódico, sorbato de potasio, ácido fumárico, goma guar, fosfato monocalcio, enzimas, metabisulfito de sodio, sulfato de calcio, aceite de soya hidrogenado, aceite de soya), Lechuga Romana, Tomate, Cebolla.

Contiene: Soya, Trigo

Multi Column: El Mesón Balsamic Beans Veggie Wrap

Nutrient	Per Svg	Per 100g	Nutrient	Per Svg	Per 100g
Gram Weight (g)	364.28	100.00	Vitamin B12 (mcg)	0	0
Calories (kcal)	911.53	250.22	Biotin (mcg)	2.49	0.68
Calories from Fat (kcal)	453.37	124.46	Vitamin C (mg)	18.01	4.94
Calories from SatFat (kcal)	58.96	16.18	Vitamin D - IU (IU)	0	0
Protein (g)	19.77	5.43	Vitamin D - mcg (mcg)	0	0
Carbohydrates (g)	96.74	26.55	Vitamin E - Alpha-Toco (mg)	5.99	1.64
Dietary Fiber (g)	8.81	2.42	Folate (mcg)	165.52	45.44
Soluble Fiber (g)	0.97	0.26	Folate, DFE (mcg)	165.52	45.44
Total Sugars (g)	24.82	6.81	Vitamin K (mcg)	60.00	16.47
Monosaccharides (g)	1.80	0.49	Pantothenic Acid (mg)	0.26	0.07
Disaccharides (g)	0.28	0.08	Calcium (mg)	136.69	37.52
Other Carbs (g)	56.56	15.53	Chromium (mcg)	12.38	3.40
Fat (g)	50.37	13.83	Copper (mg)	0.18	0.05
Saturated Fat (g)	6.55	1.80	Fluoride (mg)	—	—
Mono Fat (g)	35.49	9.74	Iodine (mcg)	2.35	0.65
Poly Fat (g)	4.52	1.24	Iron (mg)	6.15	1.69
Trans Fatty Acid (g)	0	0	Magnesium (mg)	42.48	11.66
Cholesterol (mg)	0	0	Manganese (mg)	0.47	0.13
Water (g)	174.00	47.76	Molybdenum (mcg)	42.91	11.78
Vitamin A - IU (IU)	3443.23	945.20	Phosphorus (mg)	105.95	29.08
Vitamin A - RAE (mcg)	171.95	47.20	Potassium (mg)	453.13	124.39
Vitamin A - Carotenoid RE (mcg)	343.91	94.41	Selenium (mcg)	1.40	0.38
Vitamin A - Retinol RE (mcg)	0	0	Sodium (mg)	600.01	164.71
Vitamin A - b-Carotene (mcg)	2041.92	560.53	Zinc (mg)	0.80	0.22
Vitamin B1 - Thiamin (mg)	0.69	0.19	Omega 3 Fatty Acid (g)	0.43	0.12
Vitamin B2 - Riboflavin (mg)	0.43	0.12	Omega 6 Fatty Acid (g)	3.94	1.08
Vitamin B3 - Niacin (mg)	4.75	1.30	Alcohol (g)	0	0
Niacin Equivalent (mg)	5.76	1.58	Caffeine (mg)	0	0
Vitamin B6 (mg)	0.15	0.04	Choline (mg)	—	—