Mexican Veggie Burger on Whole Wheat Pita 1/2 $2.40

**Nutrition Facts**
Serving Size: 1 serving (199.96g), Servings Per Container: 1, Amount Per Serving: Calories 320, Calories from Fat 20, Total Fat 2g (3% DV), Saturated Fat 0g (0% DV), Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 290mg (12% DV), Total Carbohydrate 62g (21% DV), Dietary Fiber 14g (56% DV), Sugars 6g, Protein 17g, Vitamin A (40% DV), Vitamin C (30% DV), Calcium (15% DV), Iron (25% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Ingredients:** Whole Wheat Pita 1/2; Beans, Black, Dry; Corn, Yellow, Sweet, Frozen, Boiled, Drained; Tomatoes, Red; Tomatoes, Red, Pepper, Bell or Sweet, Green; QUAKER Quick Oats, Dry; Carrots, Grated; whole wheat couscous; Apple; Paste, Tomato, Canned; Onions, Scallion or Spring Green; Cereal, Wheat Germ, Toasted; Pepper, Jalapeno, Canned with Liquid; Cumin, Ground; Coriander or Cilantro, Leaves And Stem (Cilantro, Hojas Y Tallo); Chili Powder; Coriander or Cilantro, Leaves And Stem (Cilantro, Hojas Y Tallo); Garlic Clove; Oregano; Onion Powder