

# Ope's™



*Fast food the World can live with™*



**ORGANIC**



# STUFFED SANDWICH™

## SOUTHWEST

*By choosing Ope's, you have done something good for yourself and for our planet – thank you! Visit us at [www.opes.biz](http://www.opes.biz) for more information.*

**Nutrition Facts** Serving Size 1 sandwich, Amount per serving:  
Calories 200, Fat Cal 36, Total Fat 4g (7% DV), Sodium 0mg (0% DV), Total Carb. 39g (13% DV), Fiber 11g (44% DV), Sugars 1g, Protein 14g, Vitamin A (0% DV), Vitamin C (2% DV), Calcium (0% DV), Iron (15% DV). Not a significant source of saturated fat, trans fat, or cholesterol. Percent Daily Values (DV) are based on a 2,000 calorie diet.

**INGREDIENTS:** Organic spell flour, filtered water, organic vegetables (black beans, corn, tomatoes, onions, cilantro), organic herbs, baking yeast, sea salt, organic non-lactose soy and organic rice cheese\*. \*cheese may have been processed on shared equipment containing trace amounts of dairy, wheat or casein.

**COOKING INSTRUCTIONS:** If frozen, microwave 3 minutes or thaw and heat 10 minutes at 350°F in oven.