

Cheese Quesadilla

Nutrition Facts

Serving Size Serving(494 g)
 Amount Per Serving

Calories 1343 Calories from fat 841

		% Daily Values
Total Fat	93gm	144%
Saturated Fat	56gm	280%
Polyunsaturated Fat	4.5gm	
Monounsaturated Fat	28gm	
Cholesterol	200mg	67%
Sodium	1880mg	78%
Potassium:	800mg	23%
Total Carbohydrates	61gm	20%
Dietary Fiber	7gm	27%
Sugars	9gm	
Protein	66gm	

Vitamin A:	50%	Vitamin C:	25%
Calcium:	180%	Iron:	30%
Thiamin:	40%	Riboflavin:	70%
Niacin	25%	Vitamin B-6:	20%
Folate:	25%	Vitamin B-12:	30%
Phosphorus:	120%	Zinc:	60%

Ingredients:

Shrd monterey jack cheese, flour tortilla 12", fresh avocados, fresh roma tomat, sour cream, fresh yellow onions, fresh cilantro, fresh lime

Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Disclaimer

The nutritional information listed on our webste is provided soley for the purpose of giving you as much information as possible regarding the nutritional information of this item. While we have taken extreme care in compiling the information, the basic food item data comes from the USDA as well as various manufactures, andtherfore the information is aproximate and may vary based on individual preperation and or serving.If you are followinf a strict diet for medical or dietary reason, it is important to contact your physcian.