

# Chicken Quesadilla

## Nutrition Facts

Serving Size

Serving (518 g)

Amount Per Serving

Calories 1359 Calories from fat 767

% Daily Values

<b>Total Fat</b>	85gm	131%
Saturated Fat	47gm	234%
Polyunsaturated Fat	5gm	
Monounsaturated Fat	29gm	
<b>Cholesterol</b>	270mg	90%
<b>Sodium</b>	1880mg	79%
<b>Potassium:</b>	910mg	26%
<b>Total Carbohydrates</b>	57gm	19%
Dietary Fiber	7gm	27%
Sugars	5gm	
<b>Protein</b>	90gm	

<b>Vitamin A:</b>	50%	<b>Vitamin C:</b>	25%
<b>Calcium:</b>	180%	<b>Iron:</b>	35%
<b>Thiamin:</b>	45%	<b>Riboflavin:</b>	80%
<b>Niacin</b>	80%	<b>Vitamin B-6:</b>	45%
<b>Folate:</b>	190%	<b>Vitamin B-12:</b>	35%
<b>Phosphorus:</b>	140%	<b>Zinc:</b>	60%

### Ingredients:

Monterey Jack Cheese, Flour Tortilla 12", Chicken Brst Tenders Unbrd Raw, Fresh Avocados, Fresh Roma Tomato, 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	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbs		300g	375g
Dietary Fiber		25g	31g

### 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, andtherefore 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.