

Fish Burrito

Nutrition Facts

Serving Size Serving (453 g)
 Amount Per Serving

Calories 647 Calories from fat 206

		% Daily Values
Total Fat	23gm	35%
Saturated Fat	4gm	20%
Polyunsaturated Fat	0gm	
Monounsaturated Fat	0gm	
Cholesterol	45mg	15%
Sodium	1380mg	57%
Potassium:	510mg	15%
Total Carbohydrates	83gm	28%
Dietary Fiber	7gm	28%
Sugars	13gm	
Protein	25gm	

Vitamin A:	20%	Vitamin C:	60%
Calcium:	20%	Iron:	25%
Thiamin:	45%	Riboflavin:	25%
Niacin	30%	Vitamin B-6:	10%
Folate:	0%	Vitamin B-12:	0%
Phosphorus:	0%	Zinc:	0%

Ingredients:

Crispy Cod Sea Strips 1.5oz, Flour Tortilla 12", Fresh Green Cabbage, Fresh Roma Tomato, Mayonnaise, Red Wine Vinegar, 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 website is provided solely 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 manufacturers, and therefore the information is approximate and may vary based on individual preparation and/or serving. If you are following a strict diet for medical or dietary reasons, it is important to contact your physician.