

Nachos

Nutrition Facts

Serving Size Serving(583 g)
 Amount Per Serving

Calories 1238 Calories from fat 463

		% Daily Values
Total Fat	51gm	79%
Saturated Fat	28gm	139%
Cholesterol	75mg	25%
Sodium	1630mg	68%
Potassium:	1070 mg	31%
Total Carbohydrates	164gm	55%
Dietary Fiber	25mg	100%
Protein	37gm	

Vitamin A:	20%	Vitamin C:	40%
Calcium:	70%	Iron:	25%
Thiamin:	25%	Riboflavin:	15%
Niacin	25%	Vitamin B-6:	45%
Folate:	62%	Vitamin B-12:	0%
Phosphorus:	110%	Zinc:	35%

Ingredients:

Corn tortilla 6", Shred Pepper Jack Cheese, Fresh Avocados, Sour Cream, Fresh Roma Tomato, 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 reason, it is important to contact your physician.