

Sombrero

Nutrition Facts

Serving Size Serving (338 g)
 Amount Per Serving

Calories 691 Calories from fat 413

	% Daily Values	
Total Fat	46gm	71%
Saturated Fat	28gm	139%
Polyunsaturated Fat	2gm	
Monounsaturated Fat	13gm	
Cholesterol	75mg	25%
Sodium	720mg	30%
Potassium:	820mg	23%
Total Carbohydrates	41gm	14%
Dietary Fiber	8gm	32%
Sugars	7gm	
Protein	31gm	

Vitamin A:	30%	Vitamin C:	25%
Calcium:	70%	Iron:	20%
Thiamin:	25%	Riboflavin:	30%
Niacin	15%	Vitamin B-6:	15%
Folate:	144%	Vitamin B-12:	10%
Phosphorus:	60%	Zinc:	30%

Ingredients:

Shrd Monterey Jack Cheese, Cooked Black Beans, Fresh Avocados, Sour Cream, Fresh Roma Tomato, Flour Tortilla 6", 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.