

Taco Pollo

Nutrition Facts

Serving Size

Serving (112 g)

Amount Per Serving

Calories 199 Calories from fat 43

% Daily Values

Total Fat	5gm	7%
Saturated Fat	1gm	6%
Polyunsaturated Fat	1gm	
Monounsaturated Fat	2gm	
Cholesterol	45mg	15%
Sodium	280mg	12%
Potassium:	230mg	7%
Total Carbohydrates	18gm	6%
Dietary Fiber	1gm	6%
Sugars	1gm	
Protein	20gm	

Vitamin A:	2%	Vitamin C:	4%
Calcium:	6%	Iron:	10%
Thiamin:	15%	Riboflavin:	10%
Niacin	45%	Vitamin B-6:	20%
Folate:	39%	Vitamin B-12:	4%
Phosphorus:	15%	Zinc:	6%

Ingredients:

Chicken Brst Tenders Unbrd Raw, Flour Tortilla 6", Fire-roasted Salsa (Fresh Plum Tomatoes, Cored, Halved, Seeded, Fresh Yellow Onions, Diced, Natural Peeled Garlic Cloves, Olive Oil, Chipotle Puree, Red Wine Vinegar, Fresh Cilantro, Packed, Salt, Granulated Sugar), Fresh Yellow Onions

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.