

# Tostada, Beef

## Nutrition Facts

Serving Size

Serving (580 g)

Amount Per Serving

Calories 953 Calories from fat 405

% Daily Values

<b>Total Fat</b>	45gm	69%
Saturated Fat	24gm	122%
Polyunsaturated Fat	3.5gm	
Monounsaturated Fat	14gm	
<b>Cholesterol</b>	85mg	28%
<b>Sodium</b>	1590mg	66%
<b>Potassium:</b>	1530mg	44%
<b>Total Carbohydrates</b>	86gm	29%
Dietary Fiber	13gm	52%
Sugars	10gm	
<b>Protein</b>	53gm	

<b>Vitamin A:</b>	150%	<b>Vitamin C:</b>	70%
<b>Calcium:</b>	90%	<b>Iron:</b>	50%
<b>Thiamin:</b>	60%	<b>Riboflavin:</b>	50%
<b>Niacin</b>	40%	<b>Vitamin B-6:</b>	30%
<b>Folate:</b>	371%	<b>Vitamin B-12:</b>	60%
<b>Phosphorus:</b>	90%	<b>Zinc:</b>	50%

### Ingredients:

Fresh Romaine Lettuce, Flour Tortilla 12", Cooked Black Beans, Beef Skirt Steak, Fresh Roma Tomato, Grated Parmesan Cheese, Sour Cream, Fresh Avocados, Fresh Cilantro, Fresh Lime, 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 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.