

Tostada, Chicken

Nutrition Facts

Serving Size

Serving (601 g)

Amount Per Serving

Calories

988 Calories from fat

387

% Daily Values

Total Fat	43gm	66%
Saturated Fat	23gm	117%
Polyunsaturated Fat	4gm	
Monounsaturated Fat	13gm	
Cholesterol	120mg	40%
Sodium	1610mg	67%
Potassium:	1520mg	43%
Total Carbohydrates	86gm	29%
Dietary Fiber	13gm	52%
Sugars	10gm	
Protein	66gm	

Vitamin A:	150%	Vitamin C:	70%
Calcium:	90%	Iron:	50%
Thiamin:	60%	Riboflavin:	50%
Niacin	80%	Vitamin B-6:	45%
Folate:	370%	Vitamin B-12:	25%
Phosphorus:	90%	Zinc:	35%

Ingredients:

Fresh Romaine Lettuce, Flour Tortilla 12", Cooked Black Beans, Chicken Brst Tenders Unbrd Raw, 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 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.