

cactus Salada

Nutrition Facts

Serving Size

Serving (538 g)

Amount Per Serving

Calories 837 Calories from fat 474

% Daily Values

Total Fat	53gm	81%
Saturated Fat	16gm	80%
Polyunsaturated Fat	17gm	
Monounsaturated Fat	13gm	
Cholesterol	120mg	40%
Sodium	2830mg	118%
Potassium:	930mg	27%
Total Carbohydrates	42gm	14%
Dietary Fiber	7gm	26%
Sugars	17gm	
Protein	52gm	

Vitamin A:	150%	Vitamin C:	70%
Calcium:	70%	Iron:	20%
Thiamin:	15%	Riboflavin:	30%
Niacin	60%	Vitamin B-6:	45%
Folate:	188%	Vitamin B-12:	25%
Phosphorus:	80%	Zinc:	25%

Ingredients:

Fresh Romaine Lettuce, Fresh Yellow Onions, Italian Dressing, Chicken Brst Tenders Unbrd Raw, Grated Parmesan Cheese, Fresh Roma Tomato, Corn Tortilla 4", 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 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.