

Chicken Enchiladas

Nutrition Facts

Serving Size Serving (586 g)

Amount Per Serving

Calories 1024 Calories from fat 444

		% Daily Values
Total Fat	49gm	76%
Saturated Fat	32gm	159%
Polyunsaturated Fat	2.5gm	
Monounsaturated Fat	11gm	
Cholesterol	170mg	56%
Sodium	1350mg	56%
Potassium:	1210mg	34%
Total Carbohydrates	70gm	23%
Dietary Fiber	9gm	38%
Sugars	8gm	
Protein	75gm	

Vitamin A:	70%	Vitamin C:	35%
Calcium:	120%	Iron:	40%
Thiamin:	35%	Riboflavin:	40%
Niacin	70%	Vitamin B-6:	45%
Folate:	225%	Vitamin B-12:	35%
Phosphorus:	120%	Zinc:	45%

Ingredients:

Fresh Roma Tomato, Cooked Black Beans, Chicken Brst Tenders Unbrd Raw, Parboiled Rice, Cooked, Grated Parmesan Cheese, Shrd Monterey Jack Cheese, Sour Cream, Fresh Romaine Lettuce, Corn Tortilla 6", Tomatillo Sauce (Tomatillos, peeled, Chicken Stock, boiling, Fresh Yellow Onions, diced, Whole Garlic Cloves, peeled, Jalapenos, halved, Lime Juice, Salt, Fresh Cilantro, cleaned, chopped, Brown Sugar, Black Pepper)

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, and therefore 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.