

# Chicken Taquitos

## Nutrition Facts

Serving Size

Serving(374 g)

Amount Per Serving

Calories 614 Calories from fat 256

% Daily Values

<b>Total Fat</b>	28gm	44%
Saturated Fat	14gm	68%
Polyunsaturated Fat	3gm	
Monounsaturated Fat	10gm	
<b>Cholesterol</b>	45mg	15%
<b>Sodium</b>	870mg	36%
<b>Potassium:</b>	860mg	25%
<b>Total Carbohydrates</b>	62gm	21%
Dietary Fiber	8gm	39%
Sugars	9gm	
<b>Protein</b>	28gm	

<b>Vitamin A:</b>	70%	<b>Vitamin C:</b>	45%
<b>Calcium:</b>	15%	<b>Iron:</b>	30%
<b>Thiamin:</b>	45%	<b>Riboflavin:</b>	25%
<b>Niacin</b>	60%	<b>Vitamin B-6:</b>	30%
<b>Folate:</b>	220%	<b>Vitamin B-12:</b>	4%
<b>Phosphorus:</b>	30%	<b>Zinc:</b>	15%

### Ingredients:

Flour tortilla 6", Fresh Romaine Lettuce, Chicken Brst Tenders Unbrd Raw, 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 Avocados, Sour Cream, Fresh Yellow Onions, 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	375g
Sodium	Less Than	2400mg	3000g
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, andtherfore 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.