

# Green Cactus Beef Combo

## Nutrition Facts

Serving Size Serving (456 g)  
 Amount Per Serving

Calories 586 Calories from fat 168

	% Daily Values	
<b>Total Fat</b>	19gm	29%
Saturated Fat	9gm	44%
Polyunsaturated Fat	1.5gm	
Monounsaturated Fat	7gm	
<b>Cholesterol</b>	80mg	27%
<b>Sodium</b>	250mg	10%
<b>Potassium:</b>	1160mg	33%
<b>Total Carbohydrates</b>	64gm	21%
Dietary Fiber	9gm	38%
Sugars	4gm	
<b>Protein</b>	41gm	

<b>Vitamin A:</b>	60%	<b>Vitamin C:</b>	35%
<b>Calcium:</b>	35%	<b>Iron:</b>	40%
<b>Thiamin:</b>	40%	<b>Riboflavin:</b>	25%
<b>Niacin</b>	35%	<b>Vitamin B-6:</b>	40%
<b>Folate:</b>	220%	<b>Vitamin B-12:</b>	70%
<b>Phosphorus:</b>	60%	<b>Zinc:</b>	50%

### Ingredients:

**Beef Skirt Steak, Cooked Black Beans, Parboiled Rice, Cooked, Fresh Roma Tomato, Fresh Romaine Lettuce, Corn Tortilla 6", Shrd Monterey Jack Cheese, Fresh Yellow Onions, 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 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 reasons, it is important to contact your physician.