

One Foot Burrito Beef

Nutrition Facts

Serving Size Serving (771 g)
 Amount Per Serving

Calories 1144 Calories from fat 391

		% Daily Values
Total Fat	43gm	67%
Saturated Fat	25gm	127%
Polyunsaturated Fat	3gm	
Monounsaturated Fat	12gm	
Cholesterol	95mg	32%
Sodium	1030mg	43%
Potassium:	1680mg	48%
Total Carbohydrates	132gm	44%
Dietary Fiber	15gm	59%
Sugars	14gm	
Protein	57gm	

Vitamin A:	30%	Vitamin C:	130%
Calcium:	70%	Iron:	70%
Thiamin:	90%	Riboflavin:	45%
Niacin	50%	Vitamin B-6:	50%
Folate:	368%	Vitamin B-12:	60%
Phosphorus:	90%	Zinc:	60%

Ingredients:

Cooked Black Beans, Beef Skirt Steak, Parboiled Rice, Cooked, Flour Tortilla 12", Fresh Green Bell Peppers, Fresh Yello Onions, Fresh Roma Tomato, Shrd Monterey Jack Cheese, Sour Cream, 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, 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 reason, it is important to contact your physician.