

One Foot Burrito Chicken

Nutrition Facts

Serving Size Serving (823 g)
 Amount Per Serving

Calories 1172 Calories from fat 366

	% Daily Values	
Total Fat	41gm	63%
Saturated Fat	24gm	120%
Polyunsaturated Fat	3.5gm	
Monounsaturated Fat	10gm	
Cholesterol	140mg	47%
Sodium	1060mg	44%
Potassium:	1620mg	46%
Total Carbohydrates	129gm	43%
Dietary Fiber	14gm	56%
Sugars	16gm	
Protein	72gm	

Vitamin A:	35%	Vitamin C:	170%
Calcium:	70%	Iron:	60%
Thiamin:	80%	Riboflavin:	45%
Niacin	110%	Vitamin B-6:	70%
Folate:	351%	Vitamin B-12:	15%
Phosphorus:	90%	Zinc:	40%

Ingredients:

Cooked Black Beans, Chicken Brst Tenders Unbrd Raw, Fresh Green Bell Peppers, Fresh Yellow Onions, Parboiled Rice, Cooked, Flour Tortilla 12", 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.