

# Shrimp Quesadilla

## Nutrition Facts

Serving Size Serving (569 g)  
 Amount Per Serving

Calories 1417 Calories from fat 848

	% Daily Values	
<b>Total Fat</b>	94gm	145%
Saturated Fat	56gm	281%
Polyunsaturated Fat	4.5gm	
Monounsaturated Fat	28gm	
<b>Cholesterol</b>	350mg	116%
<b>Sodium</b>	2050mg	85%
<b>Potassium:</b>	930mg	27%
<b>Total Carbohydrates</b>	61gm	20%
Dietary Fiber	7gm	27%
Sugars	9gm	
<b>Protein</b>	82gm	

<b>Vitamin A:</b>	50%	<b>Vitamin C:</b>	25%
<b>Calcium:</b>	190%	<b>Iron:</b>	45%
<b>Thiamin:</b>	40%	<b>Riboflavin:</b>	70%
<b>Niacin</b>	35%	<b>Vitamin B-6:</b>	25%
<b>Folate:</b>	190%	<b>Vitamin B-12:</b>	50%
<b>Phosphorus:</b>	130%	<b>Zinc:</b>	60%

### Ingredients:

Monterey Jack Cheese, Flour Tortilla 12", Raw Shrimp, Fresh Avocados, Fresh Roma Tomato, Sour Cream, 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.