

Taco Ranchero

Nutrition Facts

Serving Size

Serving (325 g)

Amount Per Serving

Calories

432 Calories from fat

189

% Daily Values

Total Fat	21gm	32%
Saturated Fat	12gm	59%
Polyunsaturated Fat	1.5gm	
Monounsaturated Fat	6gm	
Cholesterol	70mg	24%
Sodium	320mg	13%
Potassium:	870mg	25%
Total Carbohydrates	31gm	10%
Dietary Fiber	7gm	27%
Sugars	5gm	
Protein	32gm	

Vitamin A:	60%	Vitamin C:	35%
Calcium:	30%	Iron:	20%
Thiamin:	15%	Riboflavin:	15%
Niacin	45%	Vitamin B-6:	30%
Folate:	138%	Vitamin B-12:	8%
Phosphorus:	45%	Zinc:	20%

Ingredients:

Cooked Black Beans, Chicken Brst Tenders Unbrd Raw, Fresh Romaine Lettuce, Fresh Roma Tomato, 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, Monterey Jack Cheese, Sour Cream, Corn Tortilla 6", 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 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.