

# Vegetable Quesadilla

## Nutrition Facts

Serving Size

Serving (595 g)

Amount Per Serving

Calories

1269 Calories from fat

744

% Daily Values

<b>Total Fat</b>	83gm	127%
Saturated Fat	46gm	230%
Polyunsaturated Fat	4.5gm	
Monounsaturated Fat	28gm	
<b>Cholesterol</b>	200mg	67%
<b>Sodium</b>	1830mg	76%
<b>Potassium:</b>	1040mg	30%
<b>Total Carbohydrates</b>	67gm	22%
Dietary Fiber	9gm	35%
Sugars	10gm	
<b>Protein</b>	67gm	

<b>Vitamin A:</b>	60%	<b>Vitamin C:</b>	100%
<b>Calcium:</b>	190%	<b>Iron:</b>	35%
<b>Thiamin:</b>	45%	<b>Riboflavin:</b>	80%
<b>Niacin</b>	35%	<b>Vitamin B-6:</b>	30%
<b>Folate:</b>	213%	<b>Vitamin B-12:</b>	30%
<b>Phosphorus:</b>	120%	<b>Zinc:</b>	50%

### Ingredients:

Monterey Jack Cheese, Flour Tortilla 12", Fresh Roma Tomato, Fresh Avocados, Fresh Green Bell Peppers, Fresh Mushrooms, 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.