

Nutrition Facts

Serving Size 1 Large Quesadilla (373g)
Serving Per Container 1

Amount Per Serving

Calories 500

Calories from Fat 220

%Daily Value*

Total Fat 24g **37%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 650mg **27%**

Total Carbohydrate 60g **20%**

Dietary Fiber 13g **51%**

Sugars 9g

Protein 12g **24%**

Vitamin A 25% • Vitamin C 210%

Calcium 30% • Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g