

Nutrition Facts

Per (359 g)

Calories 650

% Daily Value*

Fat 31 g 42 %
Saturated 13 g 67 %
+ Trans 0.1 g

Carbohydrate 59 g
Fibre 12 g 43 %
Sugars 10 g 10 %

Protein 32 g

Cholesterol 280 mg

Sodium 1150 mg 50 %

Potassium 750 mg 16 %

Calcium 450 mg 36 %

Iron 4.5 mg 25 %

*5% or less is **a little**, 15% or more is **a lot**

Ingredients: Tortilla, ready-to-bake / fry, whole-wheat, Egg, chicken, whole, fresh or frozen, raw, Pepper, sweet, red, raw, Tomato, red, ripe, raw, year round average, Milk, fluid, partly skimmed, 2% M.F., Cheese, Mexican blend, Pork, cured, bacon, cooked, microwaved, Tomato ketchup (catsup), Salad dressing, mayonnaise, reduced fat

Contains: Wheat, Milk, Egg, Gluten