



Author

Categories Grill, Vegetarian

Tools

Locations STUDENT CENTER CAFE

Plate/Store

Yield	8	oz	Prep
Portion	8	oz	Cook
Num Portions	1		Finish
			Shelf

Nutrition Facts	
Serving Size	8 oz (227g)
Servings Per Container	1
Amount Per Serving	
Calories 403	Calories From Fat 159
% Daily Value	
Total Fat 18g	26%
Saturated Fat 8g	37%
Cholesterol 30mg	10%
Sodium 1066mg	44%
Total Carbohydrates 49g	16%
Dietary Fiber 4g	19%
Protein 12g	
Vitamin A 11%	Vitamin C 4%
Calcium 26%	Iron 16%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

High in Calcium
High in Protein
Good Source of Vitamin A
Good Source of Iron
Good Source of Carbohydrates
Good Source of Fiber

Ingredients

TORTILLA FLOUR 12IN, JACK/CHEDDAR SHREDDED, SALSA FRESH MILD, SOUR CREAM