



Author

Categories Grill

Tools

Locations STUDENT CENTER CAFE

Plate/Store

| | | | |
|---------------------|---|----|---------------|
| Yield | 6 | oz | Prep |
| Portion | 6 | oz | Cook |
| Num Portions | 1 | | Finish |
| | | | Shelf |

| Nutrition Facts | |
|--|-----------------------|
| Serving Size | 6 oz (170g) |
| Servings Per Container | 1 |
| Amount Per Serving | |
| Calories 275 | Calories From Fat 119 |
| % Daily Value | |
| Total Fat 13g | 20% |
| Saturated Fat 4g | 19% |
| Cholesterol 48mg | 16% |
| Sodium 602mg | 25% |
| Total Carbohydrates 24g | 8% |
| Dietary Fiber 2g | 10% |
| Protein 14g | |
| Vitamin A 8% | Vitamin C 8% |
| Calcium 13% | Iron 12% |
| * Percent Daily Values are based on a 2000 calorie diet. | |

Nutrition Descriptors

High in Protein
Good Source of Calcium
Good Source of Iron
Good Source of Fiber

Ingredients

boneless chicken thighs, TORTILLA FLOUR 6IN, JACK/CHEDDAR SHREDDED, LETTUCE ICEBERG SHREDDED, SALSA FRESH MILD, diced tomatoes, ONION, diced green chiles, chicken base, CHILI POWDERS, CILANTRO FRESH, SPICE SALT, CUMIN GROUND, GARLIC GRANULATED, PEPPER BLK GRND, OREGANO DRIED, SPICE PEPPER CAYENNE