



**Author**

**Categories** Grill

**Tools**

**Locations** STUDENT CENTER CAFE

**Plate/Store**

**Yield** 17.5 oz

**Portion** 1.09 lb

**Num Portions** 1

**Prep**

**Cook**

**Finish**

**Shelf**

## Nutrition Facts

Serving Size 1.1 lb (496g)

Servings Per Container about 1

Amount Per Serving

**Calories** 809 **Calories From Fat** 327

% Daily Value

**Total Fat** 36g 54%

Saturated Fat 12g 52%

**Cholesterol** 121mg 40%

**Sodium** 1827mg 76%

**Total Carbohydrates** 82g 27%

Dietary Fiber 11g 46%

**Protein** 40g

Vitamin A 19% Vitamin C 39%

Calcium 33% Iron 34%

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

### Nutrition Descriptors

High in Vitamin C

High in Calcium

High in Iron

High in Carbohydrates

High in Fiber

High in Protein

Good Source of Vitamin A

Good Source of Potassium

### Ingredients

CHICKEN BRST B/S 4OZ FRZ, TORTILLA TOMATO 12", JACK/CHEDDAR SHREDDED, SALSA FRESH MILD, WATER, RICE INFUSE MEXICAN, SOUR CREAM, AVOCADO, BLACK BEANS, CORN, CHIP TORTILLA CORN, LETTUCE ICEBERG SHREDDED, BEAN PINTO, JUICE LEMON, OIL OLIVE POMACE ITALIAN, ONION, TOMATO LOOSE MED, MUSTARD DIJON, VINEGAR APPLE CIDER 50 GRAIN, JUICE LIME JUICE, BELL PEPPER GRN, BELL PEPPER RED, ONION RED, CILANTRO FRESH, JALAPENOS, SALT EVAP PLAIN UNIPRO, SPICE SALT, PEPPER BLK GRND, GARLIC PEELED, OIL VEGETABLE, PEPPER, CUMIN GROUND, OREGANO DRIED