

Chicken Style Enchilada

Nutrition Facts			
Serving Size 1 each (344g)			
Servings Per Container 1			
Amount Per Serving			
Calories	610	Calories from Fat	10
% Daily Value*			
Total Fat	34g		52%
Saturated Fat	16g		79%
Trans Fat	0g		
Polyunsaturated Fat	3.5g		
Monounsaturated Fat	6g		
Cholesterol	85mg		29%
Sodium	1630mg		68%
Potassium	300mg		9%
Total Carbohydrate	48g		16%
Dietary Fiber	4g		16%
Sugars	5g		
Protein	24g		
Vitamin A	20%	• Vitamin C	10%
Calcium	50%	• Iron	25%
Thiamin	35%	• Riboflavin	15%
Niacin	25%	• Vitamin B6	10%
Folacin	25%	• Vitamin B12	15%
Phosphorus	30%	• Zinc	6%
*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	* Carbohydrate	4 * Protein 4