

Sandwich-Mexican

Nutrition Facts

Serving Size 1/8 slice (124g)

Amount Per Serving

Calories 290 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 740mg **31%**

Total Carbohydrate 33g **11%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 13g

Vitamin A 10% • **Vitamin C** 15%

Calcium 15% • **Iron** 15%

*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4