

# Nutrition Facts

Serving size

1 quesadilla

Amount Per Serving

**Calories**

**320**

% Daily Value\*

**Total Fat** 10g **13%**

Saturated Fat 4g **20%**

*Trans* Fat 0g

Polyunsaturated Fat 3g

Monounsaturated Fat 2.6g

**Cholesterol** 15mg **5%**

**Sodium** 710mg **31%**

**Total Carbohydrate** 41g **15%**

Dietary Fiber 10g **36%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

**Protein** 17g **34%**

Vitamin D 0mcg **0%**

Calcium 339mg **25%**

Iron 2.6mg **15%**

Potassium 489mg **10%**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.