

Nutrition Facts

4 servings per container

Serving size **1 cup salad** **1 cup**
taco meat

Amount Per Serving

Calories

530

% Daily Value*

Total Fat 20g **26%**

Saturated Fat 5g **25%**

Trans Fat 0.262g

Polyunsaturated Fat 7g

Monounsaturated Fat 6g

Cholesterol 125mg **42%**

Sodium 1160mg **50%**

Total Carbohydrate 45g **16%**

Dietary Fiber 15g **54%**

Total Sugars 8g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

Protein 46g **92%**

Vitamin D 0.269mcg **2%**

Calcium 311mg **25%**

Iron 6mg **35%**

Potassium 1345mg **30%**

*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.