

Nutrition Facts

Serving size 1 cup salad +
1 cup taco filling

Amount Per Serving

Calories **410**

% Daily Value*

Total Fat 17g	22%
Saturated Fat 4.8g	24%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 5.6g	
Monounsaturated Fat 5g	
Cholesterol 95mg	32%
Sodium 540mg	23%
Total Carbohydrate 33g	12%
Dietary Fiber 12g	43%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 35g	70%
Vitamin D 0.2mcg	0%
Calcium 302mg	25%
Iron 5mg	30%
Potassium 1056mg	20%

*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.