

# Nutrition Facts

8 servings per container

**Serving size**

**1 enchilada**

**Amount Per Serving**

**Calories**

**230**

**% Daily Value\***

**Total Fat** 5g **7%**

Saturated Fat 2.082g **10%**

*Trans* Fat 0.09g

Polyunsaturated Fat 1.257g

Monounsaturated Fat 1.299g

**Cholesterol** 10mg **3%**

**Sodium** 690mg **30%**

**Total Carbohydrate** 36g **13%**

Dietary Fiber 8g **30%**

Total Sugars 3g

Includes 0g Added Sugars **1%**

Sugar Alcohol 0g

**Protein** 13g **25%**

Vitamin D 0.042mcg **0%**

Calcium 236mg **20%**

Iron 2.336mg **15%**

Potassium 488mg **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.