

Nutrition Facts

Serving size 2 tacos

Amount Per Serving

Calories 280

% Daily Value*

Total Fat 8g 10%

Saturated Fat 2g 10%

Trans Fat 0g

Polyunsaturated Fat 2.8g

Monounsaturated Fat 2.7g

Cholesterol 45mg 15%

Sodium 540mg 23%

Total Carbohydrate 28g 10%

Dietary Fiber 5g 18%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 26g 52%

Vitamin D 3mcg 15%

Calcium 125mg 10%

Iron 2mg 10%

Potassium 624mg 15%

*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.