

Nutrition Facts

Serving size

1 quesadilla

Amount Per Serving

Calories

320

% Daily Value*

Total Fat 10g **13%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 870mg **38%**

Total Carbohydrate 43g **16%**

Dietary Fiber 10g **36%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 17g **34%**

Vitamin D 0.4mcg **2%**

Calcium 442mg **35%**

Iron 2.7mg **15%**

Potassium 752mg **15%**

Vitamin A 117mcg **15%**

Vitamin C 45.9mg **50%**

Folate 92mcg **25%**

*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.