

# Nutrition Facts

Serving size

1 quesadilla

Amount Per Serving

**Calories**

**350**

% Daily Value\*

**Total Fat** 17g **22%**

Saturated Fat 7g **35%**

*Trans* Fat 0g

Polyunsaturated Fat 3g

Monounsaturated Fat 5g

**Cholesterol** 185mg **62%**

**Sodium** 750mg **33%**

**Total Carbohydrate** 28g **10%**

Dietary Fiber 4g **14%**

Total Sugars 2g

Includes < 1g Added Sugars **1%**

**Protein** 21g **42%**

Vitamin D 1mcg **4%**

Calcium 273mg **20%**

Iron 2.2mg **10%**

Potassium 332mg **8%**

\*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.