

Nutrition Facts

4 servings per container

Serving size 1 potato and 1/2 cup
taco meat or beans

Amount Per Serving

Calories

210

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 2g **10%**

Trans Fat 0g

Polyunsaturated Fat 0.4g

Monounsaturated Fat 2.6g

Cholesterol 35mg **12%**

Sodium 115mg **5%**

Total Carbohydrate 28g **10%**

Dietary Fiber 5g **18%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

Protein 13g **26%**

Vitamin D 0mcg **0%**

Calcium 56mg **4%**

Iron 2.5mg **15%**

Potassium 607mg **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.