

Pilot Light Grilled Chicken Tacos

08/07/2015

Nutrition Facts

Serving Size (225g)
Servings Per Container

Amount Per Serving

Calories 290 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 530mg **22%**

Total Carbohydrate 31g **10%**

Dietary Fiber 6g **24%**

Sugars 2g

Protein 23g

Vitamin A 25% • **Vitamin C** 20%

Calcium 2% • **Iron** 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4