

Breakfast

QUESADILLA

Nutrition Facts

Serving Size **1 Serving**

Amount Per Serving

Calories **520.7**

| | | % Daily Value* |
|---------------------------|----------|----------------|
| Total Fat | 28.2 g | 36 % |
| Saturated Fat | 10.2 g | 51 % |
| Trans Fat | 0 g | |
| Cholesterol | 584.2 mg | 45 % |
| Sodium | 859.7 mg | 37 % |
| Total Carbohydrate | 35.5 g | 13 % |
| Dietary Fiber | 2 g | 7 % |
| Total Sugars | 6 g | |
| Added Sugars | 0 g | 0 % |
| Protein | 31.7 g | |
| Vitamin D | 3.5 mcg | 17 % |
| Calcium | 380.7 mg | 29 % |
| Iron | 3.4 mg | 19 % |
| Potassium | 573.6 mg | 12 % |

* 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.

Full Info at cronometer.com

</>