

# Beef and Cheese Quesadillas

## Ingredients

Beef, Broccoli, Tortilla, flour, rtb, 7" to 8", Zucchini Squash, Sauce, chili, Cheese, cheddar, shredded, Onion, Peppers, bell, red yellow & green, sweet, strips, fzn, Carrots, Ginger, Base, chicken, w/o msg, FS, Garlic, Cinnamon, Spice, tumeric, ground, Cumin, Cayenne Pepper.

## Nutrients per serving

<b>Nutrition Facts</b>	
Serving Size 1 Quesadilla (182g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 320</b>	<b>Calories from Fat 140</b>
% Daily Value*	
<b>Total Fat 16g</b>	<b>25%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0.5g	
<b>Cholesterol 60mg</b>	<b>20%</b>
<b>Sodium 780mg</b>	<b>33%</b>
<b>Total Carbohydrate 24g</b>	<b>8%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 5g	
<b>Protein 20g</b>	
Vitamin A 35%	• Vitamin C 70%
Calcium 20%	• Iron 15%
*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    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	