

# Beef Fajitas

## Ingredients

Beef, Tortilla, flour, rtb, 7" to 8", Onion, yellow, sauteed, Peppers, bell, green, sweet, sauteed.

## Nutrients per serving

<b>Nutrition Facts</b>	
Serving Size 1 Fajita (191g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 430</b>	<b>Calories from Fat 180</b>
% Daily Value*	
<b>Total Fat 20g</b>	<b>31%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat --g	
<b>Cholesterol 70mg</b>	<b>23%</b>
<b>Sodium 370mg</b>	<b>15%</b>
<b>Total Carbohydrate 29g</b>	<b>10%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 3g	
<b>Protein 31g</b>	
Vitamin A 2%	• Vitamin C 80%
Calcium 8%	• Iron 25%
*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	