

Beef Quesadilla Platter

Ingredients

Tortilla, flour, rtb, 7" to 8", Dish, rice pilaf, Spanish, dry, Cheese, cheddar, shredded, Peppers, bell, green, sweet, sauteed, Sour Cream.

Nutrients per serving

Nutrition Facts	
Serving Size 1 Quesadilla (163g)	
Servings Per Container 1	
Amount Per Serving	
Calories 470	Calories from Fat 170
% Daily Value*	
Total Fat 19g	29%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 1280mg	53%
Total Carbohydrate 58g	19%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 16g	
Vitamin A 10%	• Vitamin C 90%
Calcium 30%	• Iron 20%
*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	