

Nutrition Facts

Serving Size 1 Tortilla (70g)

Servings Per Package 20

Amount Per Serving

Calories 210 Calories from Fat 45

% Daily Value*

Total Fat 6g 9%

Saturated Fat 1.5 g 8%

Cholesterol 0 mg 0%

Sodium 540 mg 23%

Total Carbohydrate 36 g 12%

Dietary Fiber 2 g 8%

Sugars 2 g

Protein 6 g

Vitamin A 0% Vitamin C 0%

Calcium 8% Iron 16%

*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 65 g	80 g
Sat. Fat	Less Than 20 g	25 g
Cholesterol	Less Than 300 mg	300 mg
Sodium	Less Than 2,400 mg	2,400 mg
Total Carbohydrate	300 g	375 g
Dietary Fiber	25 g	30 g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, VEGETABLE OIL (PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL), SUGAR, SALT, AND CONTAINS 2% OR LESS OF: LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM SULFATE, CORN STARCH, MONO CALCIUM PHOSPHATE, AND/OR SODIUM ACID PYROPHOSPHATE, CALCIUM SULFATE), CALCIUM PROPIONATE AND SORBIC ACID (TO PRESERVE FRESHNESS), MONO AND DIGLYCERIDES, ENZYMES, DOUGH CONDITIONERS (FUMARIC ACID, SODIUM METABISULFITE).
CONTAINS: WHEAT.

La Mexicana #1

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