

ND Soft Beef Tacos

Nutrition Facts

1 Serving Per Container
Serving Size: 2 Tacos

Amount Per Serving

Nutrient	Amount Per Serving	% Daily Value*
Calories	320	
Total Fat	18g	23%
Saturated Fat	8g	40%
Trans Fat	0g	
Cholesterol	55mg	18%
Sodium	640mg	28%
Total Carbohydrates	24g	9%
Dietary Fiber	3g	11%
Total Sugars	4g	
Added Sugars	0g	0%
Protein	18g	36%
Vitamin A		25%
Vitamin C		15%
Calcium	180mg	18%
Iron	2.8mg	16%

Ingredients: Lettuce, Cheddar Jack Cheese, Sour Cream, Garlic Powder, Ginger Powder, Paprika, Whole Black Pepper, Beef Keema, Ginger Fresh, Garlic, Jalapeno, Avocado Oil.

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.