

Tortilla Nutritional Information Comparison

Comparación de Información Nutritiva de Tortillas

ID	Product	Sv. Size	Weight	Calories	Fat Cal.	Total Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Pro (g)	Vit A %DV	Vit C %DV	Ca %DV	Iron %DV
112	Corn Tortillas	2 each	52 g	120	10	1.5	0	0	85	24	3	0	3	0	0	10	4
113	Flour Tortilla 10"	1 each	65 g	210	45	5	1	0	140	33	2	1	7	0	0	15	10
114	Flour Tortilla 13"	1 each	112 g	350	80	9	1.5	0	240	57	3	2	11	0	0	20	20
115	Flour Tortilla 6"	1 each	31 g	100	20	2.5	0.5	0	240	15	0	0	3	0	0	8	6
116	Spinach Tortilla 13"	1 each	112 g	350	90	10	3	0	790	56	5	2	10	0	4	15	20
117	Taco Salad Shell	1 each	59 g	280	140	16	4	0	190	29	1	1	4	0	0	0	20
118	Taco Shell	1 each	22 g	110	45	5	1	0	5	14	0	0	2	0	0	2	4
119	Tomato Tortilla 13"	1 each	112 g	350	90	10	3	0	790	56	5	2	10	0	4	15	20
120	Whole Wheat Tortilla 13"	1 each	114 g	300	40	4.5	1.5	0	650	54	8	2	12	0	0	10	20

© Taco Del Mar. All Rights Reserved. | Terms & Conditions | Privacy Policy
 Web Development by www.ThorLoki.com

