Yellow Corn Tortillas
Tortillas de maiz

Nutrition Facts/ Datos De Nutrición

Serving Size/ Tamaño por ración: 2 Tortillas (42g)
Servings Per Package/ Raciones por empaque: 15

Amount Per Serving/Cantidad Por Ración

Calories/Calorías 90	
Calories from Fat/Calorías de Grasa 10	
	% Daily Value*/% Valor Diario*
Total Fat/Grasa Total 1 g	**2%**
Saturated Fat/Grasa Saturada 0 g	**0%**
Trans Fat/Grasa Trans 0 g	
Polyunsaturated Fat/Grasa Pollinsaturada 0.5 g	
Monounsaturated Fat/Grasa Monoinsaturada 0 g	
Cholesterol/Colesterol 0 mg	**0%**
Sodium/Sodio 10 mg	**0%**
Total Carbohydrate/Carbohidratos Totales 18 g	**6%**
Dietary Fiber/Fibra Dietética 3 g	**12%**
Sugars/Azúcares 2 g	
Protein/Proteína 2 g	

Vitamin A/Vitamina A 0% • Vitamin C/Vitamina C 0%
Calcium/Calcio 2% • Iron/Hierro 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

*Los porcentajes de valores diarios están basados en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayores o menores dependiendo de sus necesidades calóricas:

	Calories/Calorías:	2,000	2,500
Total Fat/Grasa Total	Less Than/Menos de	65 g	80 g
Saturated Fat/Grasa Saturada	Less Than/Menos de	20 g	25 g
Cholesterol/Colesterol	Less Than/Menos de	300 mg	300 mg
Sodium/Sodio	Less Than/Menos de	2,400 mg	2,400 mg
Total Carbohydrate/Carbohidrato Total		300 g	375 g
Dietary Fiber/Fibra Dietética		25 g	30 g

Calories per gram/Calorías por gramo:
Fat/Grasa 9 • Carbohydrate/Carbohidrato 4 • Protein/Proteína 4

Homestyle Flour Tortillas
Tortillas de harina

Nutrition Facts

Serving Size 1 Tortilla (49g)
Servings Per Package 10

Amount Per Serving

Calories 150	Calories from Fat 35
	% Daily Value*
Total Fat 3.5 g	**5%**
Saturated Fat 1.5 g	**8%**
Trans Fat 0 g	
Polyunsaturated Fat 1.5 g	
Monounsaturated Fat 0.5 g	
Cholesterol 0 mg	**0%**
Sodium 440 mg	**18%**
Total Carbohydrate 25 g	**8%**
Dietary Fiber 1 g	**4%**
Sugars 1 g	
Protein 4 g	

Vitamin A 0% • Vitamin C 0%
Calcium 6% • Iron 10%

*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
Saturated 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

96% Fat Free Heart Healthy Whole Wheat Tortillas
Tortillas de trigo

Nutrition Facts

Serving Size 1 Tortilla (49g)
Servings Per Package 10

Amount Per Serving

Calories 130	Calories from Fat 15
	% Daily Value*
Total Fat 2 g	**3%**
Saturated Fat 0 g	**0%**
Trans Fat 0 g	
Polyunsaturated Fat 1 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	**0%**
Sodium 340 mg	**14%**
Total Carbohydrate 25 g	**8%**
Dietary Fiber 3 g	**12%**
Sugars 3 g	
Protein 4 g	

Vitamin A 0% • Vitamin C 0%
Calcium 15% • Iron 8%

*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
Saturated 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