

Nutrition Facts

El Vegetariano

Serving size

PER SLICE (78g)

Amount per serving

Calories

149.74

% Daily Value *

Total Fat 6.61g **8%**

Saturated Fat 0.99g **8%**

Trans Fat 0.0g **0%**

Cholesterol 1.34mg **0%**

Sodium 387.7mg **17%**

Total Carbohydrate 12.69g **5%**

Dietary Fiber 1.86g **7%**

Total Sugars 0.34g **1%**

Protein 8.72g **17%**

Vitamin D 0.01mcg **0%**

Calcium 6.93mg **1%**

Iron 0.19mg **1%**

Potassium 11.87mg **0%**

* 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