



BEAN & CHEESE PUPUSAS

Nutrition Facts

Serving Size 1-Pupusa 5.5 oz (156g)
 Servings Per Container 5

Amount Per Serving

Calories 260 **Calories from Fat 80**

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 560mg **23%**

Total Carbohydrate 33g **11%**

Dietary Fiber 2g **8%**

Sugars 0g

Protein 13g

Vitamin A 4% • Vitamin C 2%

Calcium 25% • 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	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4