

Basic Report 18616, MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch

Report Date: August 18, 2017 06:39 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 51g
Proximates			
Water	g	33.60	17.14
Energy	kcal	287	146
Protein	g	8.70	4.44
Total lipid (fat)	g	6.00	3.06
Carbohydrate, by difference	g	49.60	25.30
Minerals			
Calcium, Ca	mg	191	97
Iron, Fe	mg	1.99	1.01
Sodium, Na	mg	898	458
Vitamins			
Lipids			
Fatty acids, total saturated	g	0.695	0.354
Fatty acids, total monounsaturated	g	2.771	1.413
Fatty acids, total polyunsaturated	g	0.924	0.471
Amino Acids			
Other			