

048-BAKED BEANS Tacos**NUTRITION SUMMARY**

Nutrient		Value per serving (340g)	%RDI*
Total Calories	(kcal)	623	
Carbohydrates	(g)	54.8	18
Protein	(g)	35	70
Total fats	(g)	29	45
Saturated fats	(g)	11.63	58
Cholesterol	(mg)	71	24
Dietary fiber	(mg)	9	37.48
Vitamin B1	(mg)	0.18	11.82
Vitamin C	(mg)	30.8	51.47
Selenium	(mcg)	7	9.9
sodium	(mg)	1702	70

*Based on 2000Cal diet

Comments: This delicious high protein snack with baked beans is powered with 51% of our daily value of Vitamin C, a potent antioxidant that makes the headlines when it comes to cancer & heart disease prevention. Almost half of the dietary fiber comes from baked beans and contains both soluble as well as insoluble fiber that helps to remove excess cholesterol from body as well aids weight loss. Most of the saturated fat and sodium is derived from beef bacon and this can be substituted with fat free bacon/turkey bacon.