

# **JCC CAMPS AT MEDFORD**

## **NUTRITIONAL INFORMATION –TACOS**

### **TACOS**

#### **Nutrition Facts**

Serving Size: 3oz  
Calories: 175  
Calories from Fat: 85  
Total Fat: 9.4g  
Saturated Fat: 3.7g  
Transfat: 0g  
Cholesterol: 73mg  
Sodium: 52mg  
Total Carbohydrate: 0g  
Dietary Fiber: 0g  
Protein: 22.6g

Ingredients: 3 oz Beef, ground, 90% lean, baked

### **5” Regular White Taco Shells**

#### **Nutrition Facts**

Serving Size: 3 shells  
Calories: 150  
Calories from Fat:60  
Total Fat: 6g  
Saturated Fat: 2g  
Transfat: 0g  
Cholesterol: 0mg  
Sodium: 0mg  
Total Carbohydrate: 21g  
Dietary Fiber: 2g  
Sugars: 0g  
Protein: 2g

Ingredients:Ground corn treated with lime (corn flour, lime, niacin, reduced iron, thiamine, montrate riboflavin),water, vegetable oil (cottonseed, corn, palmoil)