

# Nacho Bar Nutritional Facts

	Calo-ries	Total Fat (g)	Choles-terol (mg)	Sodium (mg)	Carbohy-drates (g)	Protein (g)	Fiber (g)
<b>Tortilla Chips</b> 1 oz.	142	7	0	150	18	2	2
<b>Nacho Cheese</b> 1/4 cup	60	4	<.5	380	6	1	0
<b>Chili</b> 6 oz.	89	1	0	407	17	5	5
<b>Rice</b> 1/2 cup	109	.8	0	1	23	2	2

