



FIND YOUR FOOD FACTS

TAQUERIA

Nutritional values listed below are to be used as guidelines only to help make better choices.

03/23/2011

DELUXE BURRITO

	CALORIES	FAT (G)	SAT FAT (G)	PROTEIN (G)	CARBS (G)	FIBER (G)	SOD (MG)
Chicken	877	39	15	46	84	10	1078
Steak	931	43	17	52	84	10	1102
Carnitas	885	42	18	40	88	10	1183
Vegetable	762	36	12	25	87	10	1032

QUESADILLA

Chicken	887	38	15	48	84	5	1195
Steak	941	42	17	54	84	5	1219
Carnitas	895	41	18	42	88	5	1300
Vegetable	772	35	12	27	87	5	1149

2 TACOS - soft/flour

Chicken	776	29	12	41	83	5	1024
Steak	830	33	13	47	83	5	1048
Carnitas	830	33	13	47	83	5	1048
Vegetable	661	26	10	20	86	5	978

2 TACOS - hard shell

Chicken	572	31	12	33	39	5	544
Steak	626	35	13	39	39	5	568
Carnitas	580	34	14	27	43	5	649
Vegetable	457	28	11	12	42	5	498

A LA CARTE

Chicken, 3 oz	197	10	5	22	2	1	165
Carnitas, 3 oz	205	13	7	16	6	1	270
Grilled Vegetable, 3 oz	82	7	3	1	5	1	119
Steak, 3 oz	251	14	7	28	2	1	189
Pinto Beans, 1/2 cup	95	1	0	6	17	6	189
Black Beans, 1/2 cup	89	0	0	6	16	6	190
Spanish Rice, 1/2 cup	101	2	0	3	19	0	122
House Salsa, 2 tbsp	13	0	0	1	3	1	257
Tomatillo Salsa, 2 tbsp	11	0	0	1	3	1	213
Sour Cream, 2 tbsp	51	5	2	1	1	0	13
Guacamole, 2 tbsp	46	4	0.5	1	3	2	74
Enchilada Sauce, 1/2 cup	27	1	0	2	4	0	366
Mole Sauce, 1/2 cup	23	1	0	1	4	0	81
Pico de Galló, 2 tbsp	3	0	0	0	1	0	285
Tortilla Chips, 12 each	137	7	2	2	18	1	299
Flour Tortilla, 1 each	234	5	1	6	40	2	344
Corn Tortilla, 1 each	56	1	0	1	12	1	40
Taco Shell, 2 each	132	6	1	2	18	2	104
Shredded Colby, 1/2 cup	111	9	6	7	1	0	171