



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, ½ cup | 95 | 1 | 0 | 6 | 17 | 6 | 189 |
| Black Beans, ½ cup | 89 | 0 | 0 | 6 | 16 | 6 | 190 |
| Spanish Rice, ½ 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, ¼ cup | 27 | 1 | 0 | 2 | 4 | 0 | 366 |
| Mole Sauce, ¼ 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, ¼ cup | 111 | 9 | 6 | 7 | 1 | 0 | 171 |