



# MEXercise Your Freedom of Choice<sup>SM</sup>

At Mucho Gusto, we know peoples' dietary needs are as different as their taste buds. That's why we allow each guest to **choose** from a variety of **freshly prepared ingredients** to create their own **highly personalized** Mexican meal. By tailoring your selections to your personal **health goals**, you can do anything from reducing carbohydrates to limiting your intake of sodium and fat. And as an added bonus, your meal will look and taste just as great as it is **fresh and healthy!**

## Entrees and Tortillas

Amount	Calories	Total Fat (g)	Sat. Fat (g)	Chol. (mg)	Sodium (mg)	Total CHO (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit. A (%DV)	Vit. C (%DV)	Calcium (%DV)	Iron (%DV)	Contains Gluten	Vegetarian	Vegan
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### Burrito w/ Chips

13" enriched wheat flour ("white")	1 tortilla	340	9	2.5	0	640	57	1	0	10	0	0	15	20	✓	
13" whole wheat flour ("brown")	1 tortilla	310	9	3	0	900	50	7	1	10	0	0	30	30	✓	
No tortilla (a.k.a., "burrito-in-a-bowl")																

### Tostada w/ Chips

6" blue corn (organic & fried)	1 tortilla	65	3	0	0	0	10	1	0	1	0	1	1.5	3		
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### Grande Salad

10" enriched wheat flour ("white") (fried)	1 tortilla	347	17	2	0	460	36	3	1	6	0	0	15	15	✓	
10" whole wheat flour ("brown") (fried)	1 tortilla	333	16	2	0	360	30	4	0	5	0	0	10	8	✓	
Corn chips on the side	12 chips	200	10	1	0	411	20	2	0	2	0	0	2	2		

### 2 Taco Plate

6" chewy wheat-corn blend (fried)	2 tortillas	304	14	2	0	460	30	2	2	4	4	0	12	8	✓	
6" soft white corn	2 tortillas	100	1	0	0	30	21	2	0	2	0	0	2	6		

### Mucho Dippo

Corn chips on the side (basket)	48 chips	800	40	4	0	1644	80	8	0	8	0	0	8	8		
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### Kids' Meals

10" enriched wheat flour ("white")	1 tortilla	210	5	2	0	460	36	3	1	6	0	0	15	15	✓	
10" whole wheat flour ("brown")	1 tortilla	180	5	1.5	0	360	30	4	0	5	0	0	10	8	✓	

## Ingredients

Data for this Nutrition Guide was compiled by a Registered Dietitian from the following sources: USDA Nutrition Database and manufacturer product specifications.

### Proteins

Chicken	4 oz.	152	6	2	64	349	2	1	1	21	5	7	2	6		
Pork Carnitas	4 oz.	293	19	7	102	335	1	0	1	27	0	3	4	11		
Beef	4 oz.	323	22	9	98	323	1	0	0	29	0	2	2	11		
Alaskan Cod (fried)	4 oz.	282	11	3	27	334	12	0	1	11	0	2	2	6	✓	
Tofu (organic & fried)	4 oz.	210	15	2	0	299	10	3	3	13	5	7	28	22		✓

### Starch

Rice	3 oz.	87	3	0	0	372	24	0	1	2	2	11	2	11		✓
Black Beans	4 oz.	136	1	0	0	445	24	6	1	8	0	0	5	11		✓
Pinto Beans	4 oz.	137	1	0	0	447	24	6	1	8	0	5	4	11		✓

### Cheese

Cheddar-Jack	0.8 oz.	91	7	5	24	141	0	0	0	6	4	0	16	0		✓
Cotija	0.1 oz.	8	1	1	2	43	0	0	0	1	4	0	15	0		✓

### Produce

Cabbage	1 oz.	6	0	0	0	16	1	0	1	0	20	25	3	0		✓
Romaine	3 oz.	12	0	0	0	7	2	2	0	2	15	35	3	5		✓
Cilantro	0.1 oz.	0	0	0	0	0	0	0	0	0	1	0	0	0		✓
Jalapeños	0.2 oz.	2	0	0	0	0	0	0	0	0	1	3	0	0		✓

### Salsa

Pico de Gallo (mild)	2 oz.	19	1	0	0	145	3	1	2	1	7	13	1	0		✓
Tomatillo-Chile (medium)	1 oz.	4	0	0	0	135	1	0	0	0	1	7	0	0		✓
Chipotle-Corn (hot)	1 oz.	11	0	0	0	142	2	0	1	0	2	3	1	0		✓

### Sauce

Plain Sour Cream	1 oz.	44	4	3	15	104	1	0	1	1	3	0	2	0		✓
Lime-Cilantro Sour Cream	1 oz.	41	4	2	13	124	2	0	1	1	3	3	2	0		✓
Sweet Chipotle Vinaigrette (non-dairy)	1 oz.	57	5	1	0	149	2	0	2	0	3	5	1	0		✓
Pepita-Citrus Vinaigrette (non-dairy)	1 oz.	112	11	1	0	126	3	0	1	1	1	8	1	6		✓

### Adds

Guacamole	2 oz.	85	8	1	0	186	5	3	0	1	3	10	1	0		✓
Mango Salsa	2 oz.	26	0	0	0	2	7	1	5	0	8	20	1	0		✓