



# NUTRITION INFORMATION

## Entrees and Tortillas

### Burrito

Amount	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit. A (%DV)	Vit. C (%DV)	Calcium (%DV)	Iron (%DV)	
13" enriched wheat flour ("white")	1 tortilla	310	9	3.5	0	0	550	52	2	2	8	0	0	15	80
13" whole wheat flour	1 tortilla	310	9	3.5	0	0	550	51	5	2	9	0	0	15	45

### Tostada

6" blue corn (fried)	1 tortilla	46.5	5	0	0	0	10	.5	0	1	0	.5	1.5	2.5
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### Grande Salad

10" enriched wheat flour ("white" - fried)	1 tortilla	300	15	4	0	0	510	35	1	0	6	0	0	15	10
10" whole wheat flour (fried)	1 tortilla	270	15	5.5	0	0	360	29	4	1	5	0	0	10	15
Corn chips on the side (fried)	12 chips	141	7	1	0	0	100	17.5	1.5	0	1.5	0	0	2	2

### Taco Plates

6" wheat-corn blend (fried)	1 tortillas	125	7.5	2	0	0	190	12	1	0	2	0	0	8	6
6" soft white corn	2 tortillas	100	1	0	0	0	30	21	2	0	2	0	0	2	6

### Mucho Dippo

Corn chips on the side (fried)	48 chips	564	28	4	0	0	400	70	6.5	0	7	0	.5	7.5	8.5
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### Kids' Meals

10" enriched wheat flour ("white")	1 tortilla	210	5	2	0	0	510	35	1	0	6	0	0	15	10
10" whole wheat flour	1 tortilla	180	5	3.5	0	0	360	29	4	1	5	0	0	10	15

## Ingredients

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

### Proteins

Chicken	4 oz.	152	6	2	0	64	349	2	1	1	21	5	7	2	6
Pork Carnitas	4 oz.	227	15	5	0	73	532	2	0	1	21	0	8	2	6
Beef	4 oz.	190	9	4	0	85	513	2	1	0	26	5	3	3	17
Alaskan Cod (fried)	4 oz.	282	11	3	0	27	334	12	0	1	11	0	2	2	6
Tofu (fried)	4 oz.	210	15	2	0	0	299	10	3	3	13	5	7	28	22

### Starch

Rice	3 oz.	87	3	0	0	0	373	24	0	1	2	2	11	2	11
Black Beans	4 oz.	136	1	0	0	0	445	24	6	1	8	0	0	5	11
Pinto Beans	4 oz.	137	1	0	0	0	447	24	6	1	8	0	5	4	11

### Cheese

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

### Produce

Cabbage	1 oz.	6	0	0	0	0	16	1	0	1	0	20	25	3	0
Romaine	3 oz.	12	0	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	0
Jalapeños	0.2 oz.	2	0	0	0	0	0	0	0	0	1	3	0	0	0

### Salsa

Pico de Gallo (mild)	2 oz.	14	0	0	0	0	144	3	1	2	1	8	12	1	0
Tomatillo-Chile (medium)	1 oz.	2	0	0	0	0	50	0	0	0	0	1	2	0	0
Chipotle-Corn (medium)	1 oz.	17	0	0	0	0	349	4	0	2	0	3	13	2	0

### Sauce

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

### Adds

Guacamole	2 oz.	84	7	1	0	0	182	5	3	0	1	3	10	1	0
Mango Salsa	2 oz.	33	1	0	0	0	39	7	1	6	0	8	22	1	0