

Taco Time Nutritional Statement

																	
	Weight	Calories	Cals From Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)	
Burritos																	
Burrito, Big Juan, Chicken	12.25 oz	575	143	16	8	0	70	70	11	4	34	1017	8	2550	316	6	
Burrito, Big Juan, Ground Beef	12.25 oz	634	206	23	10	1	65	73	13	4	30	957	7	2708	335	7	
Burrito, Casita, Chicken	11.25 oz	485	150	17	10	0	85	42	5	4	34	1262	7	2349	343	4	
Burrito, Casita, Ground Beef	11.25 oz	543	215	24	12	1	80	46	6	5	29	1327	8	2572	365	5	
Burrito, Beef, Bean & Cheese	8.75 oz	495	151	17	7	1	46	55	11	2	26	723	4	2308	283	7	
Burrito, Chicken & Black Bean	10.25 oz	487	142	16	6	0	60	54	9	3	30	518	6	1269	223	5	
Burrito, Chicken B.L.T.	9.75 oz	694	352	39	10	0	91	43	8	4	39	407	6	1596	231	5	
Burrito, Crispy Chicken Ranchero	12 oz	604	283	31	7	0	58	51	7	3	29	255	11	1254	240	4	
Burrito, Crisp Chicken	4.5-4.75 oz	380	155	17	6	0	53	33	2	0	22	292	2	537	54	2	
Burrito, Crisp Ground Beef	4.5-4.75 oz	428	188	21	6	0	44	36	4	1	22	197	1	827	144	3	
Burrito, Crisp Pinto Bean	4.5-4.75 oz	363	124	14	3	0	10	47	5	0	13	650	2	1906	178	3	
Burrito, Soft Meat	6.75 oz	426	144	16	7	0	46	43	8	2	23	312	2	1095	215	5	
Burrito, Soft Pinto Bean	6.75 oz	369	89	10	5	0	15	54	10	1	14	761	3	2105	264	6	
Burrito, Soft Veggie	10.00 oz	520	155	17	7	0	25	73	12	3	19	944	7	2531	311	6	
Tacos																	
Taco, Soft, Chicken	7 oz	361	80	9	4	0	51	40	7	1	28	252	3	857	199	4	
Taco, Soft, Ground Beef	7 oz	418	144	16	7	0	46	43	9	2	23	283	4	1016	222	5	
Taco, Crisp, Ground Beef	3.75-4 oz	263	152	17	5	0	37	12	2	1	14	252	3	461	141	1	
Taco, Crisp, Ground Beef w/ Sour Cream	4.25-4.75 oz	292	173	19	7	0	46	12	2	2	14	346	3	466	150	1	
Taco, Super Soft, Chicken	10.5 oz	532	140	16	8	0	70	60	10	2	34	818	5	2160	302	5	
Taco, Super Soft, Chicken - Wheat Tortilla	10.5 oz	533	142	16	8	0	70	59	6	2	34	818	5	2185	294	4	
Taco, Super Soft, Ground Beef	10.5 oz	589	204	23	10	1	65	63	12	3	29	883	5	2383	325	6	
Taco, Super Soft, Ground Beef - Wheat Tortilla	10.5 oz	590	206	23	10	1	65	62	8	3	30	883	5	2408	316	5	
Taco, Junior Soft	5.3 oz	314	118	13	6	0	40	28	6	2	18	258	3	800	184	3	
Salads																	
Salad, Taco, Regular - Chicken	9.5 oz	320	120	13	4	0	50	24	2	3	25	300	6	580	150	2	
Salad, Taco, Regular - Ground Beef	9 oz	360	170	20	6	0	45	27	4	4	21	500	6	790	150	4	
Salad, Fiesta, Regular - Chicken	9 oz	300	90	10	4	0	50	30	7	5	24	500	18	1070	150	3	
Quesadillas																	
Quesadilla, Bacon	6.25 oz	510	230	26	12.0	0	75	1380	43	3	3	25	15	6	45	15	
Quesadilla, Cheese	4.76 oz	450	210	23	12.0	0	60	760	40	3	2	19	15	0	45	15	
Quesadilla, Chicken	8.25 oz	540	210	24	12.0	0	105	1370	43	4	3	37	15	8	45	20	
Quesadilla, Pork	8.25 oz	610	260	29	14.0	0	130	1300	45	3	4	40	15	6	45	25	
Other Favorites																	
Cheddar Melt	2.8 oz	250	108	12	7	0	31	25	4	0	11	304	0	472	253	2	
Chimichanga, Chicken	12.5 oz	606	176	20	11	0	85	63	10	4	37	1262	7	2619	410	7	
Chimichanga, Ground Beef	12.5 oz	646	239	27	13	1	80	63	11	5	31	1319	8	2516	409	7	
Enchilada, Chicken	7 oz	235	48	5	3	0	51	17	1	3	23	407	6	611	137	1	
Enchilada, Ground Beef	7 oz	292	112	12	5	0	46	21	3	4	18	472	6	834	159	3	
Nachos, Grande	16.5 oz	927	386	43	21	0	90	96	10	9	37	2369	16	3577	1340	4	
Taco Burger	7.5 oz	456	233	26	8	0	50	31	3	7	21	567	5	1175	198	4	
Tostada, Bean	4 oz	232	115	13	4	0	15	21	3	1	8	618	3	1320	183	2	
Tostada, Chicken	6.5 oz	317	115	13	4	0	51	22	3	1	26	618	4	1604	197	2	
Tostada, Ground Beef	6.5 oz	375	179	20	6	1	46	25	5	2	21	683	4	1827	220	3	
Sides																	
Chips, Taco	2.0 oz	150	29	3	0	0	0	27	1	0	3	0	0	7	35	0	
Fries, Cheddar - Large	9.5 oz	697	443	49	16	0	46	52	5	1	16	456	24	1578	304	2	
Fries, Cheddar - Medium	7 oz	499	311	35	11	0	30	39	4	1	11	304	18	1169	202	1	
Fries, Cheddar - Small	4.75 oz	349	221	25	8	0	23	26	3	1	8	228	12	806	152	1	
Fries, Mexi, Large	8 oz	530	320	36	6	0	0	51	5	1	5	0	24	1305	0	2	
Fries, Mexi - Medium	6 oz	387	229	26	5	0	0	38	4	1	4	0	18	987	0	1	
Fries, Mexi - Small	4 oz	265	160	18	3	0	0	26	3	1	3	0	12	669	0	1	
Fries, Stuffed - Large (16 ea)	9 oz	642	358	40	11	0	29	57	6	6	14	574	0	1376	287	1	
Fries, Stuffed - Medium (12 ea)	7 oz	463	254	28	8	0	21	42	4	4	11	422	0	1023	211	1	
Fries, Stuffed - Small (8 ea)	5 oz	321	179	20	6	0	14	29	3	3	7	287	0	705	143	1	
Sides, Mexi-Rice	3.5 oz	76	5	1	0	0	0	17	0	1	2	51	1	351	10	1	
Sides, Refritos w/ chips	6 oz	227	59	7	3	0	15	29	5	2	11	1070	4	2622	242	3	
Sides, Refritos w/o chips	6.5 oz	208	56	6	3	0	15	26	5	2	11	1070	4	2621	237	3	
Desserts																	
Churro, plain	1.6 oz	205	144	16	5	0	20	17	0	4	2	0	0	160	3	0	
Churro w/ cinn & sugar	2 oz	245	144	16	5	0	20	27	0	14	2	0	0	160	3	0	
Crustos	3.5 oz	294	54	6	1	0	0	58	3	19	6	0	0	273	40	2	
Empanada, Apple	4.0 oz	234	61	7	1	0	0	40	2	10	4	0	0	201	21	1	
Empanada, Cherry	4.0 oz	240	61	7	1	0	0	41	2	4	4	87	2	190	24	1	
Empanada, Pumpkin	4.0 oz	256	70	8	1	0	0	23	42	2	16	6	2782	0	198	54	2
Individual Items																	
Filling, Fajita Chicken Strips	2.5 oz	102	0	0	0	0	43	1	0	0	21	0	1	340	17	1	
Filling, Crispy Chicken Strips	2.5 oz	110	31	4	0	0	35	1	0	0	18	0	1	283	14	1	
Filling, Ground Beef	2.5 oz	143	64	7	2	0	31	4	2	1	13	65	1	507	36	2	
Cheddar Cheese	0.5 oz	56	41	5	3	0	15	0	0	0	4	152	0	91	101	0	
Sour Cream	0.5 oz	28	21	2	2	0	9	0	0	0	0	95	0	5	9	0	
Guacamole	1.0 oz	50	41	5	1	0	0	2	1	1	0	200	2	125	0	0	
Salsa, Salsa Fresca	1.0 oz	8	0	0	0	0	0	2	0	1	0	114	4	174	12	0	
Salsa, Salsa Nuevo	1.0 oz	8	1	0	0	0	0	2	0	1	0	249	3	131	6	0	
Salsa, Salsa Verde	1.0 oz	6	0	0	0	0	0	2	0	0	0	153	0	149	1	0	
Dressing, Chipotle Ranch	1.0 oz	165	160	18	3	0	6	1	0	1	1	--	0	157	25	0	
Dressing, Ranch	1.0 oz	181	176	20	3	0	7	1	--	1	1	--	0	167	28	0	
Dressing, Thousand Island	1.0 oz	132	111	12	2	0	5	5	0	3	0	189	1	369	0	0	
Shells, Taco	0.6 oz	103	66	7	1	0	0	8	0	0	1	0	0	2	10	0	
10" Flour Tortilla	2.75 oz	213	39	4	1	0	0	37	6	0	6	0	0	393	78	3	
11" Wheat Tortilla	3.25 oz	260	51	6	1	0	0	8	3	0	8	0	0	562	84	2	
Tortilla Salad Bowl, 8"	1.5 oz	155	76	9	1	0	0	17	1	0	3	0	0	123	11	1	
Tortilla Salad Bowl, 10"	2.5 oz	259	112	13	1	0	0	31	2	0	5	0	0	228	20	2	