

Taco Bell® Nutrition Guide



Fresco Menu	Serving Size (gms)	Calories	Calories from Fat	Total Fat (gms)	Saturated Fat (gms)	Trans Fat (gms)	Cholesterol (mgs)	Sodium (mgs)	Carbohydrates (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)
Crunchy Taco	92	150	70	8	2.5	0	20	370	13	3	1	7
Soft Taco - Beef	113	180	70	7	3	0	20	650	21	3	2	8
Burrito Supreme - Chicken	241	330	70	8	2.5	0	25	1360	49	7	5	18
Burrito Supreme - Steak	241	330	80	8	3	0.5	20	1250	48	7	5	16
Fiesta Burrito - Chicken	198	330	70	8	2.5	0	25	1240	48	3	4	16
Zesty Chicken BORDER BOWL® without Dressing	397	350	70	8	1.5	0.5	25	1600	51	10	4	19
Ranchero Chicken Soft Taco	135	170	35	4	1.5	0	25	730	21	3	3	12
Grilled Steak Soft Taco	128	160	40	4.5	1.5	0	20	550	20	2	3	10
Bean Burrito	213	330	60	7	2.5	0.5	0	1200	54	9	4	12

Nutrition Guide

Original Items

TACOS												
Crunchy TACO SUPREME®	113	210	120	13	6	0.5	40	370	15	3	2	9
DOUBLE DECKER® Taco	156	320	120	13	5	0.5	25	810	38	6	2	14
DOUBLE DECKER® Taco Supreme®	191	370	150	17	7	1	40	820	40	7	4	14
Soft TACO SUPREME® - Beef	135	250	120	13	6	0.5	40	650	23	3	3	11
Ranchero Chicken Soft Taco	135	270	130	14	4	0	35	820	21	2	3	14
Grilled Steak Soft Taco	128	260	140	15	4.5	0	30	640	20	2	2	12
Spicy Chicken Soft Taco	113	170	50	6	2	0	25	580	20	2	2	10
GORDITAS												
Gordita Supreme® - Beef	153	310	140	16	6	0.5	40	620	29	3	6	14
Gordita Supreme® - Chicken	153	290	110	12	5	0	45	650	28	2	6	17
Gordita Supreme® - Steak	153	290	120	13	5	0	40	530	28	2	6	15
Gordita Baja® - Beef	153	340	170	19	5	0	35	780	29	4	6	13
Gordita Baja® - Chicken	153	320	140	16	3.5	0	40	800	28	3	6	17
Gordita Baja® - Steak	153	320	150	17	4	0	35	690	27	3	5	15
Gordita Nacho Cheese - Beef	153	300	130	14	3.5	0	20	770	31	3	6	12
Gordita Nacho Cheese - Chicken	153	280	100	11	2	0	25	790	29	2	6	16
Gordita Nacho Cheese - Steak	153	270	100	12	2	0	20	680	29	2	6	14
CHALUPAS												
Chalupa Supreme - Beef	153	380	210	23	7	0.5	40	620	30	3	4	14
Chalupa Supreme - Chicken	153	360	180	20	5	0	45	650	29	2	4	17
Chalupa Supreme - Steak	153	360	180	21	6	0	40	530	28	2	4	15
Chalupa Baja - Beef	153	410	240	27	6	0	35	780	30	4	4	13
Chalupa Baja - Chicken	153	390	210	23	4	0	40	800	29	3	4	17
Chalupa Baja - Steak	153	390	220	24	4.5	0	35	690	28	3	3	15
Chalupa Nacho Cheese - Beef	153	370	190	22	4	0	20	770	32	3	4	12
Chalupa Nacho Cheese - Chicken	153	350	160	18	2	0	25	790	30	2	4	16
Chalupa Nacho Cheese - Steak	153	340	170	19	2.5	0	20	670	30	2	4	14
BURRITOS												
7-Layer Burrito	283	490	170	18	7	1	25	1350	65	9	5	17
Burrito Supreme® - Beef	248	420	150	17	8	1	40	1340	51	7	5	17
Burrito Supreme® - Chicken	248	400	120	13	6	0.5	45	1360	49	6	5	20
Burrito Supreme® - Steak	248	390	130	14	6	1	40	1250	49	6	5	18
Fiesta Burrito - Beef	184	370	120	13	5	0	25	1200	49	4	4	14
Fiesta Burrito - Chicken	184	350	90	10	3.5	0	30	1220	47	3	4	18
Fiesta Burrito - Steak	184	340	100	11	4	0	25	1110	47	3	3	15
Grilled Stuff Burrito - Beef	325	680	270	30	10	1	55	2120	76	9	6	27
Grilled Stuff Burrito - Chicken	325	640	210	23	7	0.5	65	2160	73	7	6	34
Grilled Stuff Burrito - Steak	325	630	220	25	8	1	55	1930	72	7	5	30
1/2 lb [†] Beef & Potato Burrito	248	530	210	23	7	1	30	1720	66	6	4	15
1/2 lb [†] Beef Combo Burrito	241	440	160	18	7	1	45	1630	51	8	4	21
Spicy Chicken Burrito	191	400	150	17	4	0	30	1190	48	3	4	14
WHY PAY MORE! VALUE MENU												
Cheese Roll-Up	64	200	90	10	5	0	20	490	19	1	1	9
Triple Layer Nachos	142	340	160	18	1.5	0	0	720	38	6	2	7
Cinnamon Twists	35	170	60	7	0	0	0	200	26	1	12	1
Crunchy Taco	78	170	90	10	3.5	0	25	350	13	3	1	8
Soft Taco - Beef	99	200	80	9	4	0	25	630	21	3	2	10
Cheesy Double Beef Burrito	227	460	180	20	6	0.5	40	1610	52	5	4	18
Big Taste Taco	156	420	200	22	6	0	35	1030	43	4	4	14
Bean Burrito	198	350	80	9	3.5	0.5	5	1190	54	8	4	13
1/2 lb [†] Cheesy Bean & Rice Burrito	227	470	180	20	5	0	10	1390	58	6	5	13
Caramel Apple Empanada	85	290	130	15	2.5	0	0	270	38	2	14	3
SPECIALTIES												
Crunchwrap Supreme®	254	560	220	24	8	0.5	30	1430	68	5	7	17
Spicy Chicken CRUNCHWRAP SUPREME®	254	540	200	23	7	0	40	1360	67	4	7	19
Mexican Pizza	213	530	270	30	8	1	40	1000	46	6	3	20
Enchirito® - Beef	213	360	150	17	8	1	50	1420	34	7	3	18
Enchirito® - Chicken	213	340	120	13	7	0.5	50	1450	33	6	3	22
Enchirito® - Steak	213	330	130	14	7	1	45	1330	33	6	3	20
MexiMelt®	128	280	130	14	7	0.5	40	860	22	3	2	15
Fiesta Taco Salad	544	840	400	45	11	1.5	65	1780	80	15	10	30
Fiesta Taco Salad without Shell	475	470	220	24	10	1.5	65	1510	40	13	9	23
Chicken Fiesta Taco Salad	544	790	340	38	8	1	75	1830	77	13	10	37
Chicken Fiesta Taco Salad without Shell	475	430	160	18	6	1	75	1560	38	11	9	30
Express Taco Salad	475	610	290	32	10	1.5	65	1420	56	14	8	25
Chicken Taquitos	128	310	90	11	4.5	0	40	980	37	2	3	18
Steak Taquitos	128	310	100	11	5	0	35	870	36	2	3	16
Guacamole Side	43	70	50	5	1	0	0	180	5	2	1	1
Salsa Side	43	15	0	0	0	0	0	160	3	0	2	0
Sour Cream Side	43	80	70	7	4.5	0	25	30	3	0	2	1
Chicken Quesadilla	184	520	250	28	12	0.5	75	1420	40	3	4	28
Steak Quesadilla	184	520	260	28	13	1	70	1300	39	3	4	26
Zesty Chicken BORDER BOWL®	418	640	310	35	6	1	30	1800	60	10	4	22
Zesty Chicken BORDER BOWL® without Dressing	376	440	130	15	2.5	0.5	30	1540	57	10	3	21
Southwest Steak BORDER BOWL®	439	600	220	24	6	1	55	2120	68	9	3	28
NACHOS AND SIDES												
Nachos	99	330	190	21	2	0	0	520	31	2	2	4
Nachos Supreme	191	440	230	26	6	1	30	790	40	7	3	12
Nachos BellGrande®	305	770	390	44	8	1	30	1270	77	12	5	19
Pintos 'n Cheese	128	160	50	6	3	0.5	15	670	19	7	1	9
Mexican Rice	85	110	25	3	0	0	0	460	19	1	0	2
Cheesy Fiesta Potatoes	135	290	150	17	3.5	0	15	830	29	2	2	4
REGIONAL MENU ITEMS												
Cheese Quesadilla	142	470	240	26	12	0.5	50	1100	39	2	4	19
Chili Cheese Burrito	156	370	140	16	8	0.5	40	1060	40	3	3	16
Tostada	170	240	90	10	3.5	0.5	15	730	27	7	2	11

For a typical adult who consumes 2,000 calories a day, the recommended limits are 20 grams of saturated fat and 2,300 milligrams of sodium.



Product data is based on current U.S. formulations (based on zero grams trans fat canola frying oil) as of the date posted. Product formulations and nutritional values may differ for Taco Bell® Express and "multi-brand" (Kentucky Fried Chicken®/Taco Bell®, Taco Bell®/Pizza Hut®, and Taco Bell®/Long John Silver's®) menu items that may be based on a different type of oil, and for products outside the continental U.S. Although this data is based on standard portion guidelines, variation can be expected due to seasonal influences, minor differences in product assembly per restaurant and other factors. Substitution of ingredients may alter nutritional values. Menu items and hours of availability may vary by location. Regional Menu items are available only at participating locations. Except for Taco Bell® Express, multi-brand menu items, limited time offerings, and test market menu items, single-brand menu products as of the date posted are included in this Nutrition Guide.

For the most current U.S. nutritional information and for Taco Bell® Express, New York City only and multi-brand menu items, see www.tacobell.com. If you have any questions about Taco Bell® and nutrition or are particularly sensitive to specific ingredients or foods, please contact us at 800-TACOBELL or visit our Web site at www.tacobell.com.
[†] 1/2 lb. claim for Beef Combo, Beef & Potato and Cheesy Bean & Rice Burritos is based on average weight. Individual product weights vary.