


Taco Bell Nutrition Guide


 Items	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
BIG BELL VALUE MENU™									
Grande Soft Taco	450	21	8	45	1410	44	2	4	19
DOUBLE DECKER® Taco	340	14	5	25	810	39	5	2	14
Spicy Chicken Soft Taco	180	7	2	20	580	21	2	2	10
Spicy Chicken Burrito	430	19	4.5	30	1160	50	4	4	14
½ lb. Bean Burrito Especial	600	21	5	15	1760	82	12	6	21
½ lb. Beef Combo Burrito	470	19	7	45	1620	52	5	4	22
½ lb. Beef & Potato Burrito	540	25	8	30	1660	66	4	4	15
Cheesy Fiesta Potatoes	290	18	6	15	790	28	2	2	4
Caramel Apple Empanada	290	15	3.5	<5	300	37	1	12	2
TACOS									
Taco	170	10	4	25	350	13	<1	<1	8
Taco Supreme®	220	14	7	35	360	14	1	2	9
DOUBLE DECKER® Taco Supreme®	380	18	8	40	820	41	5	4	15
Soft Taco – Beef	210	10	4	25	620	21	<1	2	10
Soft Taco Supreme® - Beef	260	14	7	35	640	23	1	3	11
Ranchero Chicken Soft Taco	270	14	4	35	710	21	2	3	14
Grilled Steak Soft Taco	280	17	4.5	30	650	21	1	3	12
GORDITAS									
Gordita Supreme® - Beef	310	16	7	35	600	30	2	7	14
Gordita Supreme® - Chicken	290	12	5	45	530	28	2	7	17
Gordita Supreme® - Steak	290	13	6	35	520	28	2	7	16
Gordita Baja® - Beef	350	19	5	30	760	31	2	7	13
Gordita Baja® - Chicken	320	15	3.5	40	690	29	2	7	17
Gordita Baja® - Steak	320	16	4	30	680	29	2	7	15
Gordita Nacho Cheese – Beef	300	13	4	2	740	32	2	7	12
Gordita Nacho Cheese – Chicken	270	10	2.5	25	670	30	2	7	16
Gordita Nacho Cheese – Steak	270	11	3	20	660	30	2	7	14
CHALUPAS									
Chalupa Supreme – Beef	400	24	8	35	620	31	2	4	13
Chalupa Supreme – Chicken	370	21	7	45	550	29	2	4	17
Chalupa Supreme – Steak	370	22	7	35	550	29	2	4	15
Chalupa Baja – Beef	430	28	7	30	780	32	2	4	13
Chalupa Baja – Chicken	400	24	5	40	710	30	2	4	17
Chalupa Baja – Steak	410	25	6	30	700	30	2	4	15

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CHALUPAS									
Chalupa Nacho Cheese – Beef	380	22	5	20	760	33	2	4	12
Chalupa Nacho Cheese – Chicken	350	18	4	25	700	31	2	4	16
Chalupa Nacho Cheese – Steak	360	20	4.5	20	690	31	2	4	14
BURRITOS									
Bean Burrito	370	10	3.5	10	1200	55	8	4	14
7-layer Burrito	530	21	8	25	1400	68	9	6	18
Chili Cheese Burrito	390	18	9	40	1080	40	3	3	16
Burrito Supreme® - Beef	440	18	8	40	1330	52	5	5	17
Burrito Supreme® - Chicken	410	14	6	45	1270	50	5	5	21
Burrito Supreme® - Steak	420	16	7	35	1260	50	6	5	19
Fiesta Burrito – Beef	390	14	5	25	1210	51	3	4	14
Fiesta Burrito – Chicken	370	11	3.5	30	1140	49	3	4	18
Fiesta Burrito – Steak	370	12	4	25	1140	49	3	4	16
Grilled Stuft Burrito – Beef	720	32	11	55	2140	80	7	6	27
Grilled Stuft Burrito – Chicken	670	25	7	70	2010	77	7	6	35
Grilled Stuft Burrito – Steak	680	27	8	55	1990	77	7	6	31
SPECIALTIES									
Tostada	250	10	4	15	710	29	7	2	11
Mexican Pizza	540	31	10	45	1040	47	5	3	20
Enchirito® - Beef	380	18	9	45	1430	35	5	3	19
Enchirito® - Chicken	350	14	7	55	1360	33	5	3	23
Enchirito® - Steak	360	16	8	45	1350	33	5	3	21
MexiMelt®	290	16	8	40	880	23	2	2	15
Fiesta Taco Salad™	860	46	14	65	1800	82	12	10	31
Fiesta Taco Salad™ without Shell	490	25	11	65	1530	43	10	9	24
Fiesta Taco Salad™ without Shell or Red Strips	420	21	10	65	1480	34	9	8	24
Express Taco Salad	630	34	12	65	1390	58	10	8	26
Express Taco Salad without Chips	410	21	10	65	1300	32	8	8	23
Cheese Quesadilla	490	28	13	55	1150	39	3	4	19
Chicken Quesadilla	540	30	13	80	1380	40	3	4	28
Steak Quesadilla	540	31	14	70	1370	40	3	4	26
Zesty Chicken BORDER BOWL®	730	40	8	45	1810	69	10	5	23
Zesty Chicken BORDER BOWL® without Dressing	490	16	4	30	1570	64	10	3	22
Southwest Steak BORDER BOWL®	690	28	8	55	2330	79	10	3	30

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NACHOS AND SIDES									
Nachos	320	20	4.5	<5	530	32	2	3	4
Nachos Supreme	460	26	8	30	810	42	5	3	13
Nachos BellGrande®	790	44	12	35	1300	19	10	5	19
Pintos 'n Cheese	180	7	3.5	15	700	20	6	1	10
Mexican Rice	200	9	3.5	15	850	26	2	0	6
Cinnamon Twists	160	5	1	0	220	27	<1	10	1
Order any item "Fresco Style"; these item are "Fresco Style" and under 10 Grams of fat									
Crunchy Taco	150	7	2.5	20	360	14	2	1	7
Soft Taco – Beef	190	8	2.5	20	630	22	2	2	9
Ranchero Chicken Soft Taco	170	4	1	25	710	22	2	3	12
Grilled Steak Soft Taco	170	5	1.5	15	560	21	2	3	11
Gordita Baja® - Beef	250	9	3	20	640	31	2	7	12
Gordita Baja® - Chicken	230	6	1	25	570	29	2	7	15
Gordita Baja® - Steak	230	7	1.5	15	570	29	3	7	13
Bean Burrito	350	8	2	0	1220	56	9	4	13
Burrito Supreme® - Chicken	350	8	2	0	1220	56	9	4	13
Burrito Supreme® - Steak	350	9	2.5	15	1260	50	6	5	17
Fiesta Burrito – Chicken	340	8	2	25	1160	50	3	4	16
Tostada	200	6	1	0	670	30	8	2	8
Enchirito® - Beef	270	9	3	20	1300	35	5	3	12
Enchirito® - Chicken	250	5	1.5	25	1230	34	5	3	16
Enchirito® - Steak	250	7	2	15	1220	34	6	3	14
Soft Drinks									
Pepsi® (Small)	140	0	0	0	35	37	0	37	0
Pepsi® (Medium)	180	0	0	0	45	47	0	47	0
Pepsi® (Large)	280	0	0	0	70	74	0	74	0
Diet Pepsi® (Small)	0	0	0	0	35	0	0	0	0
Diet Pepsi® (Medium)	0	0	0	0	45	0	0	0	0
Diet Pepsi® (Large)	0	0	0	0	70	0	0	0	0
Mt. Dew® (Small)	150	0	0	0	50	43	0	43	0
Mt. Dew® (Medium)	190	0	0	0	60	54	0	54	0
Mt. Dew® (Large)	300	0	0	0	95	85	0	85	0

The following information was collected from: <http://www.tacobell.com/>