

Taco Bell

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Breakfast						
Cheesy Toasted Breakfast Burrito – Fiesta Potato (V)	340	3.5	770	44	3	9
Cheesy Toasted Breakfast Burrito - Bacon	350	5	880	38	2	13
Hash brown	160	1	280	14	1	1
Burritos						
Bean Burrito (V)	350	4	1040	55	10	13
Burrito Supreme - Chicken	370	5	1150	49	7	19
Burrito Supreme - Steak	380	6	1160	50	7	19
Tacos						
Crunchy Taco	170	3.5	300	13	3	8
Soft Taco - Beef	180	4	500	18	3	9
Soft Taco - Chicken	160	2.5	510	16	1	12
Nacho Cheese Doritos® Locos Taco	170	3.5	350	13	3	8
Power Menu						
Power Bowl - Veggie	420	6	870	47	10	13
Power Bowl - Chicken	460	6	1250	41	8	27
Chalupas						
Chalupa Supreme® - Chicken	340	4	580	29	3	16
Chalupa Supreme® - Steak	350	4.5	590	30	3	15
Sides						
Black Beans	50	0	140	7	3	3
Black Beans & Rice	160	0	370	25	4	4
Cheesy Fiesta Potatoes	240	2	520	28	3	3

For a lighter version of your burrito or taco, request “Fresco Style” when ordering.