



Chuy's

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Appetizers						
Guacamole & Chips	840	8	1340	85	18	12
Soup (cup)						
Tortilla Soup	280	3	1050	19	6	22
Tex-Mex Salad Combination*						
Beef Enchilada	290	9	1180	15	3	17
Chicken Enchilada	290	11	820	12	2	19
*Salad-dressing not included						
Tacos**						
Guacamole Soft Taco	530	10	1250	51	10	14
Chicken Soft Tacos	590	10	1720	42	5	42
Chicken Tacos Al Carbon	680	11	1310	42	5	43
Baja ShrimpTaco	600	6	1890	52	1	17
Enchiladas**						
Veggie	430	14	1210	35	7	19
**Rice, beans, and sauce not included						
Beans & Rice						
Mexican Rice	150	0.5	520	32	1	3
Charro Beans (5 oz)	160	0	980	29	9	9
Sauces (3oz portion)						
Pico De Gallo	15	0	160	4	1	1
Table Sauce	10	0	320	2	0	0
Red Salsa	20	0	600	4	1	1

Although Chuy's Mexi-Cobb Salad is a good choice for those watching their carbohydrate intake (29 grams), we did not include it as a Fork Friendly item due to the whopping amount of unhealthy saturated fat (32grams).

**Salad dressing selections exceed sodium and saturated fat guidelines. We suggest a flavorful sauce instead.*

Summer 2024

