



# Taco Bell



Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Breakfast</b>						
Cheesy Toasted Breakfast Burrito - Fiesta Potato (V)	340	3.5	770	44	3	9
Cheesy Toasted Breakfast Burrito - Bacon	350	5	900	38	2	13
<b>Burritos</b>						
Bean Burrito (V)	360	4.5	1080	54	8	13
Cheesy Bean & Rice Burrito	400	3.5	950	56	6	9
Burrito Supreme - Chicken	370	5	1170	49	6	19
Burrito Supreme - Steak	380	6	1180	50	5	19
<b>Tacos</b>						
Crunchy Taco	170	4	310	13	3	7
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	4	370	13	3	7
<b>Bowls</b>						
Cantina Chicken Bowl	480	7	1170	44	10	24
Veggie Bowl	410	6	850	48	11	12
<b>Pizza</b>						
Veggie Mexican Pizza (V)	460	6	740	48	7	14

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<b>Chalupas</b>						
Chalupa Supreme - Chicken	330	3.5	580	30	3	15
Black Bean Chalupa Supreme	340	3.5	450	36	7	10
<b>Sides</b>						
Black Beans	50	0	140	7	4	3
Black Beans & Rice	160	0	370	25	5	4
Cheesy Fiesta Potatoes	240	1.5	520	29	3	3
<b>For calorie savings request burritos and tacos "fresco style"</b>						
(V)=vegetarian						

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